

# HOW TO MEASURE

## YOU WILL NEED:

### ▶ TAPE MEASURE

With metric units (cm and mm)

### ▶ PAIR OF SHORTS YOU OWN

A garment you own, from any brand, with a comfortable fit.

#### 1 Find a pair of shorts you own:

Choose a pair of shorts you currently own (any brand) which are the most comfortable fit for you.

#### 2 Relaxed waist measurement:

Lay the shorts down on a flat surface and measure the distance across the waist band while the elastic is relaxed as shown in point A.

#### 3 Stretched waist measurement:

Pull the waistband of the shorts to the maximum stretch and measure the distance across the waist band as shown in point B.

#### 4 Hip measurement

Lay the shorts down on a flat surface. Measure the distance across the shorts at the hips (this is 20cm down from the waist) as shown in point C.

#### 5 Outside leg measurement:

Lay the shorts down on a flat surface and measure the distance from the waistband to the bottom of the short leg as shown in point D.

All measurement(s) need to be taken from a garment you own.



## SIZE CHART\*

(all measurements given in cm)

MEASUREMENT DESCRIPTION	2XSJ	XSJ	SJ	MJ	LJ	YTH	S	M	L	XL	2XL	3XL
<b>ALL MEASUREMENTS IN METRIC (CM)</b>												
Waist (relaxed)	18	20	27	29.5	32	34.5	36	38	40	42	44	46
Waist (stretched)	32	35	38.5	41	43.5	46	48	52	56	60	64	68
Hips (20cm down from waist)	39	41	43.5	46	48.5	51	53	57	61	65	69	73
Outside leg	30.5	31	40	41	42	43	44	47	50	53	56	59

\* Please allow for a plus or minus 1-2 cm tolerance in our garments. Material is also a factor in how a garment can fit you. We will have more details in the product description regarding the material stretch. If the material is stretchy then you can wear the garment as a tighter fit as the material will stretch. Please be aware that the above measurements are of the garment and not of your body.