

# HOW TO MEASURE

## YOU WILL NEED:

### ▶ TAPE MEASURE

With metric units (cm and mm)

### ▶ PAIR OF LEGGINGS YOU OWN

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

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

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

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

#### 2 Relaxed waist measurement:

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

#### 3 Hip measurement

Lay the leggings down on a flat surface. Measure the distance across the leggings at the hips (this is 15cm down from the waist) as shown in point B.

#### 4 Outside leg measurement

Lay the leggings down on a flat surface and measure the distance from the waist to the bottom of the garment leg as shown in point C.

#### 5 Inside leg measurement:

Lay the leggings down on a flat surface and measure the distance from the crotch to the bottom of a garment leg as shown in point D.



## SIZE CHART\* (all measurements given in cm)

MEASUREMENT DESCRIPTION	7-8yrs	9-10yrs	11-12yrs	6	8	10	12	14	16	18
ALL MEASUREMENTS IN METRIC (CM)										
Waist (relaxed)	26	27	28	28	30	32	34	36	38	40
Hips (15cm down from waist)	32	33	34	34	36	38	40	42	44	46
Outside leg	69	74	79	88	89	90	91	92	93	94
Inside leg	54	58	62	66	66.5	67	67.5	68	68.5	69

\* 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.