WOMEN'S BODY MEASUREMENTS FOR BOTTOMS

COUNTRY: UNITED STATES

	SIZE	WAIST (in)	HIP (in)	REGULAR INSEAM (in)	TALL INSEAM (in)	SHORT INSEAM (in)
Xs	0	23 1 <i>1</i> 2	33	31 1/4	33 1/4	29 1/4
	2	26	35 1 <i>1</i> 2	31 1/4	33 1/4	29 1/4
s	4	26	35 1 <i>1</i> 2	31 1/4	33 1/4	29 1/4
	6	29	38 1 <i>1</i> 2	31 1/4	33 1/4	29 1/4
M	8	29	38 1 <i>1</i> 2	31 1/2	33 1 <i>1</i> 2	29 1/2
	10	31 1 <i>1</i> 2	41	31 1/2	33 1 <i>1</i> 2	29 1/2
L	12	31 1/2	41	31 1/2	33 1 <i>1</i> 2	29 1/2
	14	34 1/2	44	31 1/2	33 1 <i>1</i> 2	29 1/2
XL	16	34 1/2	44	31 3/4	33 3/4	29 3/4
	18	38 1/2	47	31 3/4	33 3/4	29 3/4
XXL	20	38 1 <i>1</i> 2	47	31 3/4	33 3/4	29 3/4
	22	42 1 <i>1</i> 2	50	31 3/4	33 3/4	29 3/4

Choosing the Right Size

Body measurements are given in inches. If your body measurement is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

If your body measurements for hips and waist result in two different suggested sizes, order the size from your hip measurement.

WOMEN'S TRAINING





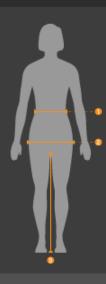
core support and

a full range in motion





HOW TO MEASURE YOUR BODY FOR PANTS



1. Waist

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

2. Hip

Measure around the fullest part of your hips, keeping the tape horizontal.

3. Body Inseam

Measure from your crotch to the bottom of your leg.