



Outline the measuring tape around the widest part of your thigh, located just below the buttocks.

#### Compare your measurements with this chart.

Slide the scroll bars to see more measurements and sizes

SIZE	WAIST	HIP	THIGH
23	47 - 53	70 - 76	45.2 - 46.8
24	52 - 56	76 - 82	46.8 - 48.4
25	56 - 60	82 - 88	48.4 - 50
26	61 - 67	89 - 93	50 - 51.6
27	68 - 72	93 - 95	51.6 - 53



Place yourself in front of a mirror with your waist clearly visible. Slightly tilting the torso to the side, visualize the formation of a crease, which indicates the position of the natural waist. Wrap the waist.

#### Compare your measurements with this chart.

Slide the scroll bars to see more measurements and sizes

SIZE	WAIST	HIP	THIGH
28	72 - 76	96 - 98	53 - 54.6
29	76 - 80	99 - 101	54.6 - 56.2
30	80 - 84	102 - 104	56.2 - 57.8
31	84 - 88	105 - 107	57.8 - 59.4
32	88 - 92	108 - 110	59.4 - 61
33	92 - 96	111 - 113	61 - 62.6

Measurements: **cm** in

**FIND YOUR SIZE**