



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	HIP	THIGH
27	86 - 90	47.8 - 49.4
29	93 - 95	51 - 52.6
30	95 - 97	52.6 - 54.2
31	97 - 99	54.2 - 55.8
32	98 - 102	55.8 - 57.4

Measurements: **cm** in

FIND YOUR SIZE



Outline with the tape measure the "wider" region below the waist, running parallel to the highest part of the glutes.

Compare your measurements with this chart.

Slide the scroll bars to see more measurements and sizes

SIZE	HIP	THIGH
33	102 - 106	57.4 - 59
34	108 - 112	59 - 60.6
36	112 - 116	60.6 - 63.8
38	116 - 120	63.8 - 67
40	120 - 124	67 - 70.2
42	124 - 128	70.2 - 73.4

Measurements: **cm** in

FIND YOUR SIZE