



LeggingsForYoga®

SIZE GUIDE

AU/NZ Sizes run the same as UK Sizes

SIZE	US	EU	UK	WAIST cm / inches	HIPS cm / inches
XXS	2	34	6	59cm 23"	86cm 34"
XS	4	36	8	64cm 25"	91cm 36"
S	6	38	10	69cm 27"	96cm 38"
M	8	40	12	74cm 29"	101cm 40"
L	10	42	14	79cm 31"	106cm 42"
XL	12-14	44	16-18	84cm 33"	111cm 44"
XXL	14-16	46	18-20	89cm 35"	116cm 46"

Women's Leggings Sizing Help

IF YOU ARE BETWEEN TWO SIZES, think about whether you like to wear tighter or looser clothing to make up your mind. But if your waist and hip measurements indicate different sizes, choose the size that fits your hips.