

**WOMEN'S TRAINING SHORTS SIZING CHART**

SIZE	4XS (88)	3XS (93)	2XS (97)	XS (101)	small
Width	28.5	30	32	33.5	35
length	26.5	28	29.5	32.5	33.5

SIZE	medium	large	xl	2xl
Width	37	39	41.5	43.5
length	35	36	37	38



\*NOTE - MEASURED WHILE LAY FLAT FROM WAISTBAND

**JUNIOR**

SIZE	5XS (K 6)	4XS (K 8)	3XS (K 10)	2XS (K 12)	XS (K 14)
1/2 WAIST	25	27	29	31	33
LENGTH	37	39	41	43	45

**ADULT**

SIZE	SMALL	MEDIUM	LARGE	XL	2XL	3XL
1/2 WAIST	34	36	38	40	41	43
LENGTH	48	50	52	54	56	57



WIDTH - MEASURED FROM ONE SIDE OF WAISTBAND TO THE OTHER WHEN LAID FLAT.

LENGTH - MEASURED FROM TOP OF WAISTBAND TO BOTTOM OF HEM WHEN LAID FLAT.

\*PLEASE NOTE - MEASUREMENT CAN VARY WITHIN 2CM\* THIS IS OUR TOLERANCE.

