



Size	C6	C8	C10	C12	C14	L8	L10	L12	L14	L16	L18	L20
To Fit Hip (cm)	66	70	74	78	82	86	90	94	98	102	106	110

HIP - Measure around your hips where you would normally wear your shorts, keeping the tape horizontal.
If your measurements fall between two sizes, choose the smaller size for a tighter fit or the larger size for a looser fit.
Measurements can vary by +/- 2cm.