

Female Trouser Size Chart - Styles Anne, Annie

Order Size	8	10	12	14	16	18	20	22	24	26	28	30
Waist In	22	24	26	28	30	32	34	36	38	40	42	44
Waist cm	56	61	66	71	76	81	86	91	96	101	106	112
Hips In	32	34	36	38	40	42	44	46	48	50	52	54
Hips cm	81	86	91	96	101	106	112	117	122	127	132	137



Measuring Yourself Tips - Female

Where you need to measure

While very few women actually have 36-24-36 measurements, the three numbers are a good reminder of where you need to measure yourself for clothes. These are the points where a woman's body usually curves in and out the most.

Bust/Chest

Let your arms hang naturally at your sides.

Have someone measure you with the measuring tape parallel to the ground.

Have your friend measure under your underarms, around your back and over the fullest part of your bust.

Make sure the measuring tape is snug but not tight.

Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

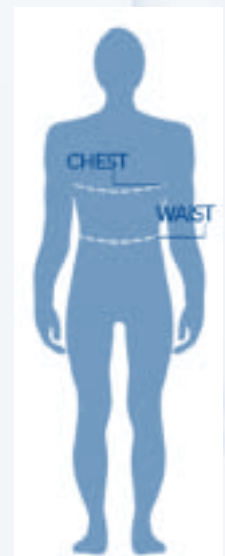
Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

Hip

Stand up straight with your feet together.

Have a friend measure over your hips and rear, around the fullest part.

Make sure to keep the measuring tape parallel to the floor.



Measuring Yourself Tips - Male

Chest

Stand up straight with your arms hanging straight at your sides.

Have someone measure the fullest part of your chest, over your shoulder blades and under your underarms.

Keep the measuring tape parallel to the ground.

Waist

Bend over to one side to find the spot where your waist naturally creases.

Measure this spot; it should be right under your navel.

Keep the measuring tape parallel to the floor and snug against your skin, but don't pull it tight.

Inside Leg

Measure from the top of the inside leg at the crotch to the ankle bone.