

For best results get someone other than yourself to measure you as sizing is critical to the performance of the garment.

Please use the chart below to determine your perfect fit for all SRC Women's garments.

Women's sizes available from XXS to XXL/2X							
CM	XXS 84-88	XS 89-93	S 94-98	M 99-104	L 105-112	XL/1X 113-121	XXL/2X 122-130
Inches	33-34½	35-36½	37-38½	39-41	41½- 44	44½-47½	48-51

Measure in your underwear only. Stand with your heels together and keep the measuring tape straight. Place the tape over your hips, pubic bone and bottom at the fullest part. The tape should touch your body at all points but not be pulled tight.

We advise you measure and order your SRC Pregnancy Shorts and Leggings during the 12-15 week of pregnancy or when you begin to feel discomfort and pain or as advised by your healthcare practitioner.

If you are unsure about your size please contact us and we will help you determine your best fit.