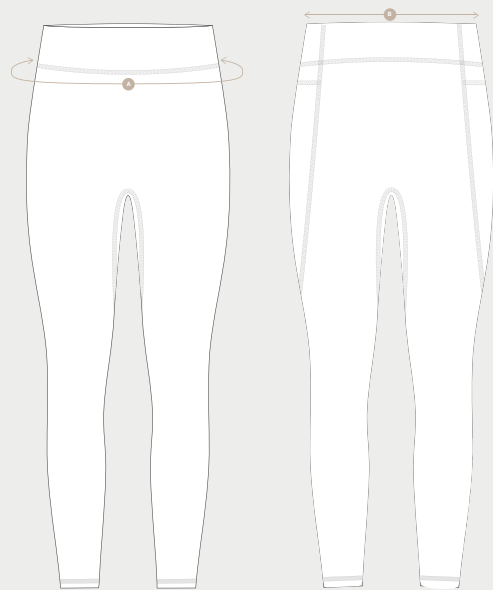


Ladies Full Length Tights



How to use this guide:

A Waist

This is a full 'around the waist' measurement based on a relaxed garment - allow for stretch

B Hips

This is a half measurement.
Measure from one hip point directly across to the opposite hip point.

Tips

When measuring, keep the tape tight but not squeezing.
If your measurement falls between sizes, we recommend sizing up for a better fit.

Disclaimer

Remember, this is just a size guide to help you choose the best fit!
Our sizes are generally true to size—if you usually wear a Small, you should be a Small in our specs as well. If you have any questions, please reach out to us at info@themovebetterproject.com.
We're here to help!

All below Measurements are in cm

Size	Waist (Around)	Hips (1/2)	
2XS	44	32	
XS	48	34	
S	52	36	
M	58	39	
L	64	42	
XL	70	45	
2XL	76	48	
3XL	82	51	