

Energetiks Measurement Guide

Bust: Measure over the fullest part of the bust

Waist: Measure your waist at the thinnest point

Hip: Measure your hips at the fullest part of your bottom at the top of your leg

Child Garment Size Chart

SIZE	XXS	XS	S	M	L	XL
Age (years)	3	5	7	9	11	13
Height (cm)	95	115	125	135	145	155
Chest (cm)	54	59	64	69	74	79
Waist (cm)	53	56	58	61	63	66
Hip (cm)	59	64	69	74	79	83

- For front lined leotards, please go up a size

Ladies Garment Size Chart

SIZE	XS	S	M	L	XL	XXL
Aust. Sizes	8	10	12	14	16	18
Bust (cm)	83	88	93	98	103	108
Waist (cm)	65	70	75	80	85	90
Hip (cm)	93	98	103	108	113	118
UK	8	10	12	14	16	18
US	2-4	4-6	6-8	8-10	10-12	12-14
Europe	36	38	40	42	44	46

Mens Garment Size Chart

SIZE	XS	S	M	L	XL
Chest (cm) Singlets	85	90	96	102	108
Waist - Pants (inches)	28"	30"	32"	34"	36"