



*Total Spirit*  
PERFORMANCE FASHION

### Legging Size Guideline

Our legging is made from a mid-weight brushed polyester spandex fabric. This size chart shows our suggested size based on the body's waist measurement. To find the body's "True Waist" measurement use a tape measure to measure the circumference of the waist at its narrowest point, usually just above the belly-button. This is approximately where the height of the legging rise will come to, with some variances of course for different body types. For a close, athletic fit you will generally want to choose a size that has a garment waist about 2-4 inches smaller than you body's waist measurement.

	CXS	CS	CM	CL	XS	S	M	L	XL	2XL	3XL
Suggested - True Waist body measurement	19"-20"	21"-22"	23"-24"	24"-25"	25"-26"	27"-29"	29"-30"	31"-33"	33"-35"	36"-38"	38"-40"