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Leggs size guide

Skip to content **SHEER ENERGY & SILKEN MIST NOW AVAILABLE AT WALMART** Your Cart Your cart is empty Add order note Size chart is a general guide. It may include sizes that are unavailable for this item. Team Yoga Leggs want you to feel fabulous in our range of yoga pants, which we have designed to be both stylish and functional.As we use high-performance compression fabrics for our leggings, you may find you prefer to go up or down a size to get the perfect fit for your body. At Yoga Leggs, we appreciate every body is unique! New! Quick ViewYogaleggs Grey Tie Dye leggings are functional and fashionable yoga leggings new for 2025. Made of high quality, breathable, moisture-wicking, antibacterial fabric with compression components designed to keep you cool and dry throughout your workout and take you from day to night.Yogaleggs are lightweight, silky soft and super comfortable. Made of stretch fabric which is quick drying and no need to iron. Suitable for yoga, pilates, running, barre, spinning, gym bunnies and shopaholics.Click here to see the Size Guide £50.00 Select options This product has multiple variants. The options may be chosen on the product page Sale! Quick View Rating:Rated 5.00 out of 5New for 2023 we have developed high-quality yoga shorts. These are designed to provide you with a comfortable and stylish yoga or workout experience. Made with the same attention to detail as our yoga leggings range, our yoga shorts will keep you on-trend for whichever workout you choose, whether it's weights, cardio, spin, running or yoga in shorts. With a high waist and stretchy fabric, our yoga shorts provide you with a seamless and flat silhouette, allowing you to work out with confidence.At Yoga Leggs, we understand that every body is unique, and that's why we offer a wide range of sizes to ensure the perfect fit for every body type. Our yoga shorts are made with the highest quality materials, ensuring durability and longevity, so you can enjoy your favourite yoga shorts for years to come.Click here to see the Size Guide £35.00 Original price was: £35.00.£25.00Current price is: £25.00. Select options This product has multiple variants. The options may be chosen on the product page Sale! Quick View £25.00 Original price was: £25.00.£15.00Current price is: £15.00. Select options This product has multiple variants. The options may be chosen on the product page Sale!New! Quick View £35.00 Original price was: £35.00.£15.00Current price is: £15.00. Select options This product has multiple variants. The options may be chosen on the product page Sale!Quick View £45.00 Original price was: £45.00.£36.00Current price is: £36.00. Select options This product has multiple variants. The options may be chosen on the product pageClick here to see our range of ShacketsClick here to see our range of Yoga Pullovers Skip to content **SHEER ENERGY & SILKEN MIST NOW AVAILABLE AT WALMART** Your Cart Your cart is empty Add order note Leggings are skin-tight fashion pants that fully or partly cover the legs. Leggings can be used fully exposed, or partially covered. Like for other kinds of pants, you can determine leggings size from waist and hips measurements (+ inseam measurement for length). But unlike many other pants, leggings are supposed to fit very tight. Because of this, you may also consider taking your weight (and body height) into account when determining leggings size. By doing so, you will increase the chance of finding a perfect fitting pair of leggings. You can use both size charts (Leggings Size by Body Measurements or Leggings Size by Weight & Height) separately, but we recommend using both of them. That way it is more likely you will get a impression of which size that is you perfect leggings size. Waist: Measure your body around your natural waistline. Your waistline is usually situated just above your belly button (narrowest part of torso). Not sure where you waistline is? Stand in front of a mirror, and bend to one side. Your waistline is simply where you can see a natural indentation in torso on this side. Leg Length (Inseam): Measure from your crotch to your ankle (where you want your jeans leg to end). Ask a friend for help measuring! If you already own a pair of perfect fitting leggings, simply do your measurement on those jeans. Start at the crotch seam and measure to the bottom of the pant leg. Leggings size chart based on waist and hips measurement. For leggings length, see bottom of page. See also Leggings Size Chart based on height and weight below. US SIZE ALPHASIZE WAIST INCHES Hips INCHES 00/0 XS 23-24 32-33 2 XS 24-25 33-34 4 S 26-27 34-36 6 S 27-28 36-37 8 M 28-29 37-39 10 M 29-30 39-41 12 L 31-32 41-43 14 L 32-34 43-44 16 XL 34-36 44-45 18 XL 36-38 45-47 20 XXL 38-40 47-49 22 XXL 40-42 49-51 Leggings size chart based on body weight and height. For leggings size chart based on waist and hips measurements, see above. See also Leggings length chart below. SIZE SIZE Height Weight (lbs) XS 00/0 4'11"-5'4" 80-90 XS 2 4'11"-5'4" 90-120 S 4 4'11"-5'4" 120-150 S 6 5'5"-5'9" 95-135 M 8 5'5"-5'9" 135-160 M 10 5'10"-6'1" 110-140 L 12 5'2"-5'5" 165-190 L 14 5'6'-6'01" 160-180 XL 16 5'6'-6'2" 180-195 XL 18 5'8'-6'2" 195 - 210 XXL 20 5'6'-6'2" 210-230 XXL 22 5'6'-6'2" 230-250 Some leggings brands/models offer different leg length. Inseam measured in inches (see illustration on top of page on how to measure). If length not is given, it is most often 'Regular'. Inseam, Inches SIZE 29 Short/Petite (S,P) 31.5 Regular/Medium (R,M) 33.5 Tall/Long (T,L) Panty hoses, leggings, knee highs, bodystockings, thigh-high stockings... Hosiery, or legwear, is a must when women are dressing up. Make sure it fits well! Use our hosiery size charts below to determine hosiery size based on height and weight. How to use hosiery size chart: With the hosiery size chart below, you can easily determine your hosiery size based on your height and weight. Find the column that match both your height and your weight, and see which hosiery size you are. You can find your size in both A-B-C-D-E and S-M-L-XL size systems (both systems are used for hosiery sizing, based on brand). You can also determine your size based on both feet/pounds (US) and cm/kg (International). Sizes in A, B, C, D, E (See below for S, M, L, XL sizes) Measurements in inches, feet, pounds. (See below for measurements in cm and kg) SIZE Height Weight (Pounds) A 4'11"-5'4" 88-122 B 4'11"-5'4" 123-150 B 5'5"-5'9" 95-133 C 5'5"-5'9" 134-160 C 5'10"-6'1" 110-140 D 5'2"-5'5" 165-190 D 5'6'-6'01" 160-185 E 5'6'-6'01" 185-205 F 5'06'-6'02" 205-230 Sizes in S, M, L, XL (See above for A, B, C, D, E-sizes) Measurements in feet/pounds. (See below for measurements in cm and kg) SIZE Height Weight (lbs) XS 4'11"-5'4" 88-122 S 4'11"-5'4" 123-150 S 5'5"-5'9" 95-133 M 5'5"-5'9" 134-160 M 5'10"-6'1" 110-140 L 5'2"-5'5" 165-190 L 5'6'-6'01" 160-185 XL 5'6'-6'01" 185 - 205 XXL 5'06'-6'02" 205-230 Sizes in A, B, C, D, E (See below for S, M, L, XL sizes) Measurements in cm/kg. (See above for measurements in feet and pounds) SIZE Height Weight (KG) A 150-162 40-55 B 150-162 56-68 B 163-175 43-60 C 163-175 61-72 C 176-185 49-63 D 157-166 75-86 D 167-185 72-84 E 167-185 84-93 F 167-187 94-105 Sizes in S, M, L, XL (See above for A, B, C, D, E-sizes) Measurements in cm/kg. (See above for measurements in feet and pounds) SIZE Height Weight (KG) XS 150-162 40-55 S 150-162 56-68 S 163-175 43-60 M 163-175 61-72 M 176-185 49-63 L 157-166 75-86 L 167-185 72-84 XL 167-185 84-93 XXL 167-187 94-105 Forgot Your Password? Please provide your account email address to reset your password. Invalid email address entered! please provide your valid email address to proceed. Back to Login Reset Password Password reset instructions are sent to your email address. Please follow instructions to reset your password. Continue Shopping Back to Login

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