SIZE CH.	ART		The second		16			T.	1		74.4			
Pant Adults						~								
Waist (Inch)	28	30	32	34	36	38	40	42	44	46	48	50	52	
Inseam (cm)	67,3	67,3	68,6	69,8	71,1	73,7	73,7	76,2	76,2	77,5	77,5	78,7	78,7	
Women		1	F	1		PA								
Size		1/2		3/4		5/6	7/8		9/10 11/1		2 13/14			
Waist (Inch)		26		28		30	32		34 30			38		
Inseam (cm)		71,1	71,1			71,1	71,1		72,4	72,4	72,4		73,7	
		1		(N. 2										

Waist

With the tape level, measure the circumference at the waist's natural bend or where you prefer to wear your pants.

Inseam

The inseam is the measurement from your crotch to your ankle. Measure with a soft tape on the inside of your leg. Be sure to stand straight and relax while taking this measurement.