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Gymshark leggings size chart

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Whether you're searching for squat-proof leggings or running gear with pockets, our comprehensive guide is here to help. From supportive waistbands and glute-sculpting designs to soft yoga pants, we've got the perfect match for you. Choose from a variety of styles that cater to your every need: Stay-put waistbands for a secure fit during workouts, sweat-wicking tech for comfort and confidence, or soft, stretchy fabrics for rest days. Our Vital leggings offer everything you need in one pair: A stay-put waistband, sweat-wicking technology, and a seamless design that keeps you cool and confident. Loved by the Gymshark community, these are our best picks to help you reach your goals. Whether you're into yoga, pilates, or just looking for something comfy for rest days, we've got the perfect fit for you. With options like comfortable seamless fabrics, supportive waistbands, and unique designs that lift and shape your glutes, there's a pair of leggings out there for everyone. Don't forget about our guide on what to wear with flared leggings - because sometimes, it's all about making a statement without distractions during workouts or rest days. Measuring up: Get your perfect fit with Gymshark's sizing guide! Take note of these key measurements: * Bust size: Measure around fullest point, holding tape tight but not too tight. * Waist size: Measure directly under bust, edge-to-edge with no gaps. * Hips size: Measure widest part of hips. For Women's Gymshark Tops, follow the same measurement guidelines. For leggings, refer to the size chart below: | Size | Chest | Waist | Hips | | --- | --- | --- | --- | | 2XL | 85-90 inches (215-229 cm) | 67-71 inches (170-180 cm) | 95-101 inches (241-256 cm) | | 3XL | 94-99 inches (240-251 cm) | 75-81 inches (191-205 cm) | 93-99 inches (236-251 cm) | If unsure, size up for extra comfort and support.