Fitting Instructions: To determine the correct size, locate height and weight on the accompanying chart. Where these values meet determines the size. For maternity style (1757) use pre-pregnancy weight.

Size Chart for 20-30 Panty Hose - 1756, 1757

HEIGHT	WEIGHT lbs	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185
	kg	41	43	45	47	50	52	54	56	59	61	63	65	68	70	72	74	77	79	82	84
4'11" (150 cm)			P	P	P	P	P	P	P	P	P										
5'0" (152.2 cm)			P	P	P	P	P	P	P	P	P	P	P								
5'1" (155 cm)		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				
5'2" (157.5 cm)		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				
5'3" (160 cm)		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				
5'4" (162.5 cm)				P	P	P	P	P	P	P	P	P	P	P	P	P	P				
5'5" (165 cm)						M	M	M	M	M	M	M	M	M	M	M	M				
5'6" (167.5 cm)						M	M	M	M	M	M	M	M	M	M	M	M				
5'7" (170 cm)						M	M	M	M	M	M	M	M	M	M	M	M				
5'8" (172.5 cm)									T	T	T	T	T	T	T	T	T				
5'9" (175 cm)									T	T	T	T	T	T	T	T	T				
5'10" (178 cm)									T	T	T	T	T	T	T	T	T				
5'11" (180.5 cm)										T	T	T	T	T	T	T	T				