

# NIKE SIZING CHART

## SIZE CHARTS – MENS

SIZE	CHEST (CM)	WAIST (CM)	HIP (CM)	INSEAM (CM)		
				REGULAR	SHORT	LONG
S	88-96	73-81	88-96	82.5	77.5	87.5
M	96-104	81-89	96-104	83	78	88
L	104-112	89-97	104-112	83.5	78.5	88.5
XL	112-124	97-109	112-120	84	79	89
2XL	124-136	109-121	120-128	84.5	79.5	89.5

### SIZING FAQ

#### How do I choose the right size?

To measure your clothing size, please follow these simple instructions:

#### A: CHEST

Run a flexible tape measure across the fullest area of your chest. Be sure to keep the tape measure horizontal.

#### B: WAIST

Wrap the tape measure around the narrowest part of your waist. Remember to keep the tape horizontal.

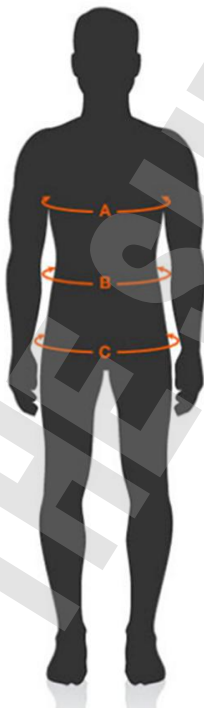
#### C: HIPS

Standing feet together and measure around the fullest part of the hips, holding the tape measure horizontally.

#### Between two sizes?

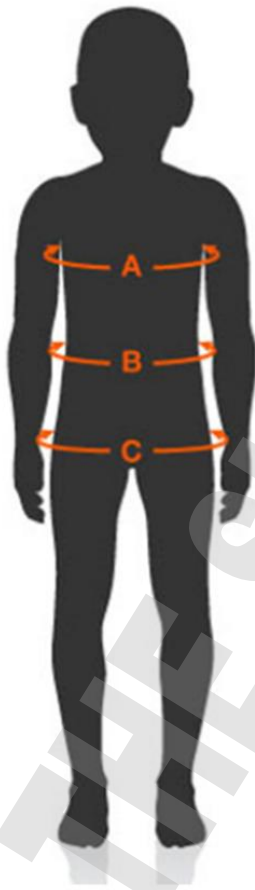
We'll choose the fit that's right for you. Do you like a tight fit? Go for the smaller size. Loving the looser fit? Go for the larger size.

"PLEASE NOTE: All measurements displayed are body measurements, not garment".



## SIZE CHARTS – KIDS

SIZE	CHEST (CM)	WAIST (CM)	HIP (CM)	HEIGHT (CM)
XS	64.5-66	59.5-61.5	68.5-71	122-128
S	66-69	61.5-65	71-74.5	128-137
M	69-75	65-69	74.5-79.5	137-147
L	75-81.5	69-72.5	79.5-84.5	147-158
XL	81.5-88.5	72.5-75.5	84.5-89.5	158-170



### SIZING FAQ

#### How do I choose the right size?

To measure your kid's clothing size, please follow these simple instructions:

#### **A: CHEST**

Run a flexible tape measure across the fullest area of their chest. Be sure to keep the tape measure horizontal

#### **B: WAIST**

Wrap the tape measure around the narrowest part of their waist. Remember to keep the tape horizontal.

#### **C: HIPS**

Have them stand feet together and measure around the fullest part of their hips, holding the tape measure horizontally.

#### Between two sizes?

We'll choose the fit that's right for your kid. Do they like a tight fit? Go for the smaller size. Loving the looser fit? Go for the larger size.

"PLEASE NOTE: All measurements displayed are body measurements, not garment".