

NIKE SIZING CHARTS

Measuring Instructions for Apparel - Take your measurements and compare them to the sizing charts below to figure out your correct size.

CHEST: Holding the tape firm and level, measure around the fullest part of the chest, just under the arms and around the shoulder blades.

WAIST: With the tape loose but level, measure at the height you prefer to wear your waistband.

INSEAM: Using a pair of pants that fit you well, measure from the crotch to the bottom of the leg. For shorts, measure from the crotch to where the shorts will end.

If you're unsure about your size, use your measurements and compare them to the charts below to determine an approximate fit. Some product dimensions may vary slightly.

Youth Sizes	XS	S	M	L	XL
CHEST	25-26"	26-27"	27 ½-29 ½"	29 ½-32"	32 ½-35"
WAIST	23-24"	24 ½-25 ½"	25 ½-27"	27-28 ½"	28 ½-30"

Men's Sizes	S	M	L	XL	2XL
CHEST	34-37"	38-40"	41-44"	45-48"	49-52"
WAIST	29-31"	32-35"	36-38"	39-42"	43-47"
INSEAM	32 ½"	32 ½"	33"	33"	33 ½"

Women's Sizes	S	M	L	XL	2XL
CHEST	33-35"	35 ½-38"	38 ½-41"	41 ½-44 ½"	45-48 ½"
WAIST	26-29"	30-32"	32-35"	36-38 ½"	39-42 ½"
INSEAM	31"	31 ½"	32"	32"	32"