

NIKE APPAREL SIZE CHART

	Size	XS	S	M	L	XL
YOUTH	Numeric Size	6 - 7	8 - 9	10 - 12	14 - 16	18 - 20
	Age	7 - 8	8 - 10	10 - 12	12 - 13	13 - 15
	Height (in)	48 - 50	50 - 54	54 - 58	58 - 62	62 - 67
	Chest (in)	25.5 - 26	26 - 27	27 - 29.5	29.5 - 32	32 - 35
	Waist (in)	23.5 - 24	24 - 25.5	25.5 - 27	27 - 28.5	28.5 - 29.5
	Hip (in)	27 - 28	28 - 29.5	29.5 - 31.5	31.5 - 33.5	33.5 - 35
MEN'S	Chest (in)	-	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5
	Waist (in)	-	29 - 32	32 - 35	35 - 38	38 - 43
	Hip (in)	-	35 - 37.5	37.5 - 41	41 - 44	44 - 47
	Leg Length (in)	-	32.25	32.5	32.75	33
WOMEN'S	Bust (in)	29.5 - 32.5	32.5 - 35.5	35.5 - 38	38 - 41	41 - 44.5
	Waist (in)	23.5 - 26	26 - 29	29 - 31.5	31.5 - 34.5	34.5 - 38.5
	Hip (in)	33 - 35.5	35.5 - 38.5	38.5 - 41	41 - 44	44 - 47

How To Measure

CHEST: Measure around the fullest part of your chest, keeping the measuring tape horizontal.

WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.

HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.

BUST: Measure around the fullest part of your bust, keeping the measuring tape horizontal.

LEG LENGTH: Measure from the top of your inner leg to the bottom of your leg.

Please note that size charts are provided directly from the brands and are to be used as a guideline. Sizes may vary from item to item.