

Nike Size Charts

	Youth					Adult	
Size	XS	S	M	L	XL	S	M
Numeric Size	6-7	8-9	10-12	14-16	18-20	-	-
Height (cm)	122-128	128-137	137-147	147-158	158-170	170-183	170-183
Chest (cm)	64.5-66	66-69	69-75	75-81.5	81.5-88.5	88-96	96-104
Waist (cm)	59.5-61.5	61.5-65	65-69	69-72.5	72.5-75.5	73-81	81-89
Hip (cm)	68.5-71	71-74.5	74.5-79.5	79.5-84.5	84.5-89.5	88-96	96-104

If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

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.