



# NIKE SIZE CHARTS

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

## MEN'S TOP SIZE CHART: REGULAR (5'7"- 6'0"/170-183cm)

SIZE	CHEST (in.)	WAIST (in.)	HIPS (in.)
S	35-37.5	29-32	35-37.5
M	37.5-41	32-35	37.5-41
L	41-44	35-38	41-44
XL	44-48.5	38-43	44-47
2XL	48.5-53.5	43-47.5	47-50.5
3XL	53.5-58	47.5-52.5	50.5-53.5
4XL	58-63	52.5-57	53.5-58

## MEN'S TOP SIZE CHART: BIG AND TALL (6'-6'5" / 183-196cm)

SIZE	CHEST (in.)	WAIST (in.)	HIPS (in.)
S TALL	35-37.5	29-32	35-37.5
M TALL	37.5-41	32-35	37.5-41
L TALL	41-44	35-38	41-44
XL TALL	44-48.5	38-43	44-47
2XL TALL	48.5-53.5	43-47.5	47-50.5
3XL TALL	53.5-58	47.5-52.5	50.5-53.5
4XL TALL	58-63	52.5-57	53.5-58

## MEN'S BOTTOMS SIZE CHART: REGULAR (5'7"-6' / 170-183cm)

SIZE	WAIST (in.)	HIPS (in.)	REGULAR INSIDE LEG LENGTH (in.)	SHORT INSIDE LEG LENGTH (in.)
XS	< 29	< 35	32	30
S	29-32	35-37.5	32.25	30.25
M	32-35	37.5-41	32.5	30.5
L	35-38	41-44	32.75	30.75
XL	38-43	44-47	33	31
2XL	43-47.5	47-50.5	33.25	31.25
3XL	47.5-52.5	50.5-53.5	33.5	31.5
4XL	52.5-57	53.5-58	34	32

## MEN'S BOTTOMS SIZE CHART: BIG AND TALL (6'-6'5" / 183-196cm)

SIZE	WAIST (in.)	HIPS (in.)	INSIDE LEG LENGTH (in.)
S TALL	29-32	35-37.5	34.25
M TALL	32-35	37.5-41	34.5
L TALL	35-38	41-44	34.75
XL TALL	38-43	44-47	35
2XL TALL	43-47.5	47-50.5	35.25
3XL TALL	47.5-52.5	50.5-53.5	35.5
4XL TALL	52.5-57	53.5-58	36

## WOMEN'S TOPS SIZE CHART

NIKE SIZE	AVERAGE US SIZE**	BUST (in.)	WAIST (in.)	HIPS (in.)
XXS	-	< 29.5	< 23.5	< 33
XS	0-2	29.5-32.5	23.5-26	33-35.5
S	4-6	32.5-35.5	26-29	35.5-38.5
M	8-10	35.5-38	29-31.5	38.5-41
L	12-14	38-41	31.5-34.5	41-44
XL	16-18	41-44.5	34.5-38.5	44-47
XXL	20-22	44.5-48.5	38.5-42.5	47-50

## WOMEN'S BOTTOMS SIZE CHART

NIKE SIZE	AVERAGE US SIZE**	WAIST (in.)	HIPS (in.)	REGULAR INSIDE LEG LENGTH (in.)	TALL INSIDE LEG LENGTH (in.)	SHORT INSIDE LEG LENGTH (in.)
XS	0-2	23.5-26	33-35.5	31.2	33.25	29.25
S	4-6	26-29	35.5-38.5	31.2	33.25	29.25
M	8-10	29-31.5	38.5-41	31.5	33.5	29.5
L	12-14	31.5-34.5	41-44	31.5	33.5	29.5
XL	16-18	34.5-38.5	44-47	31.75	33.75	29.75
XXL	20-22	38.5-42.5	47-50	31.75	33.75	29.75