

WORLDSTRONG ATHLETICS

SIZE CHARTS

MEN'S TOP

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

MEASURING YOURSELF



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

WAIST: Measure around the narrowest part (the small of your lower back).

HIPS: Measure around the fullest part of your hips.

IN BETWEEN SIZES?

If you find one of your measurements to be on the borderline between 2 sizes, you can order the smaller size for a more tight fit, or a larger size for a more loose fit depending on your preference.

We recommend you to order your chest measurement size, if your chest and waist relate to two different suggested sizes.

WORLDSTRONG ATHLETICS

SIZE CHARTS

MEN'S BOTTOMS

SIZE	WAIST(in)	HIPS(in)	REGULAR INSIDE LEG LENGTH (in)	TALL INSIDE LEG LENGTH (in)	SHORT INSIDE LEG LENGTH (in)
S	29-32	35-37.5	32.25	34.25	30.25
M	32-35	37.5-41	32.5	34.5	30.5
L	35-38	41-44	32.75	34.75	30.75
XL	38-43	44-47	33	35	31

MEASURING YOURSELF



WAIST: Measure around the narrowest part (the small of your lower back).

HIPS: Measure around the fullest part of your hips.

INSIDE LEG LENGTH: Measure the inside seam of your leg from top to bottom.

IN BETWEEN SIZES?

If you find one of your measurements to be on the borderline between 2 sizes, you can order the smaller size for a more tight fit, or a larger size for a more loose fit depending on your preference.

We recommend you to order your hip measurement size, if your hips and waist relate to two different suggested sizes.