



Training Shorts - Size charts

Men	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Length (inch)	15	15 ³ / ₄	16 ¹ / ₂	17 ¹ / ₄	18	19	19 ³ / ₄	20 ¹ / ₂	21 ¹ / ₄	22
To Fit Waist (inch)	26 ³ / ₄ -29 ¹ / ₄	28 ¹ / ₄ -31 ¹ / ₂	30-32 ¹ / ₄	31 ¹ / ₂ -33 ³ / ₄	33-35 ¹ / ₂	34 ³ / ₄ -37	36 ¹ / ₄ -38 ¹ / ₂	37 ³ / ₄ -40 ¹ / ₄	39 ¹ / ₄ -41 ³ / ₄	41-43 ¹ / ₄

Women	8 WS	10 WM	12 WL	14 WXL	16 W2XL	18 W3XL	20 W4XL	22 W5XL	24 W6XL
Length (inch)	13	13 ¹ / ₂	14	14 ¹ / ₄	15	15 ¹ / ₄	15 ¹ / ₄	15 ¹ / ₂	15 ³ / ₄
To Fit Waist (inch)	26 ¹ / ₂ -28 ³ / ₄	27 ¹ / ₂ -30	29 ¹ / ₄ -31 ¹ / ₂	30 ³ / ₄ -33	32 ¹ / ₄ -34 ³ / ₄	33 ³ / ₄ -36 ¹ / ₄	35 ¹ / ₂ -37 ³ / ₄	37-39 ¹ / ₄	38 ¹ / ₂ -41

Youth	4Y 5-6	6Y 7	8Y YS	10Y YM	12Y YL	14Y YXL	16Y Y2XL
Length (inch)	11 ¹ / ₄	12 ¹ / ₄	13	13 ³ / ₄	14 ¹ / ₂	15 ¹ / ₄	16 ¹ / ₄
To Fit Waist (inch)	21 ¹ / ₄ -26 ³ / ₄	22-27 ¹ / ₂	22 ³ / ₄ -28 ¹ / ₄	23 ¹ / ₂ -29 ¹ / ₄	24 ¹ / ₂ -30	25 ¹ / ₄ -30 ³ / ₄	26 ³ / ₄ -32 ¹ / ₄



Variations +/- 1 inch

The sizing on the chart is the actual measurement of the garment itself.

When choosing your garment sizes, the best idea is to find a garment you currently have in a size that is comfortable. Then measure the garment then refer to our size chart - just choose a size the same measurement.