

# Nike Size Chart

Size	Little Kids		Youth				Adult (men)		
	5 – 6	6 – 7	S	M	L	XL	S	M	L
Approx age	5 – 6 years	6 – 7 years	8-9 years	10-12 years	12-13 years	13+ years			
Height (cm)	100-116	116-122	128-137	137-147	147-158	158-170			
Chest (cm)	61-63	63-66	66-69	69-75	75-81.5	81.5-88.5	88-96	96-104	104-112
Waist (cm)	57-58.5	58.5-61	61.5-65	65-69	69-72.5	72.5-75.5	73-81	81-89	89-97
Hip (cm)	62-65	65-67	71-74.5	74.5-79.5	79.5-84.5	84.5-89.5	88-96	96-104	104-112

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.