

# NIKE SIZE CHARTS

## TOPS

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

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

## 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

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