

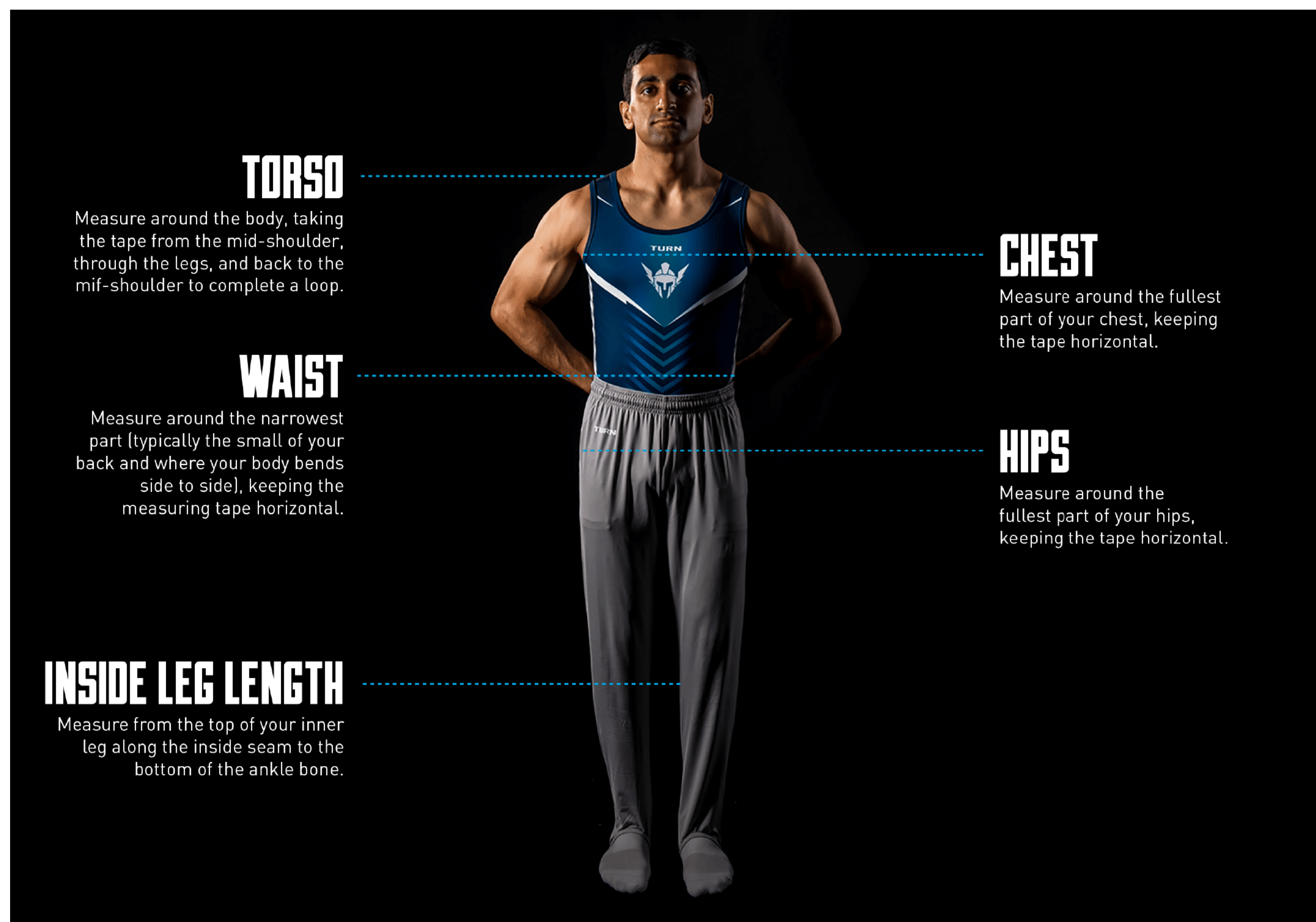
Sizing

UNIFORMS

APPAREL

GRIPS

STEP 1: MEASURE YOURSELF



**TORSO**

Measure around the body, taking the tape from the mid-shoulder, through the legs, and back to the mid-shoulder to complete a loop.

**WAIST**

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the measuring tape horizontal.

**CHEST**

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

**HIPS**

Measure around the fullest part of your hips, keeping the tape horizontal.

**INSIDE LEG LENGTH**

Measure from the top of your inner leg along the inside seam to the bottom of the ankle bone.

STEP 2: FIND YOUR SIZE

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 correspond to different suggested sizes, then it will come down to personal preference. As a rough guide, if you're a short and stocky gymnast, we recommend using your chest size for singlets and waist size for shorts and pants. Conversely, we recommend using your torso size for singlets and your inside leg length size for pants if you are a tall and slender gymnast.

SIZE CHART

Use the chart below to determine your size:

	SIZE	SCALE	TORSO	CHEST	WAIST	HIPS	INSIDE LEG LENGTH
JUNIOR - BOYS	XS	cm	102 - 112	53 - 61	38 - 46	48 - 56	36 - 41
		inches	40 - 44	21 - 24	15 - 18	19 - 22	14 - 16
	SM	cm	110 - 120	58 - 66	43 - 51	53 - 61	41 - 46
		inches	43 - 47	23 - 26	17 - 20	21 - 24	16 - 18
	MD	cm	117 - 127	63 - 71	48 - 56	58 - 66	46 - 51
		inches	46 - 50	25 - 28	19 - 22	23 - 26	18 - 20
	LG	cm	125 - 135	68 - 76	53 - 61	63 - 71	51 - 56
		inches	49 - 53	27 - 30	21 - 24	25 - 28	20 - 22
	XL	cm	132 - 142	73 - 81	58 - 66	68 - 76	56 - 61
		inches	52 - 56	29 - 32	23 - 26	27 - 30	22 - 24
SENIOR - MEN'S	XS	cm	140 - 150	79 - 86	64 - 71	76 - 84	59 - 64
		inches	55 - 59	31 - 34	25 - 28	30 - 33	23 - 25
	SM	cm	147 - 157	84 - 91	69 - 76	81 - 89	64 - 69
		inches	58 - 62	33 - 36	27 - 30	32 - 35	25 - 27
	MD	cm	155 - 165	89 - 96	74 - 81	86 - 94	69 - 74
		inches	61 - 65	35 - 38	29 - 32	34 - 37	27 - 29
	LG	cm	163 - 173	94 - 101	79 - 86	91 - 99	74 - 79
		inches	64 - 68	37 - 40	31 - 34	36 - 39	29 - 31
	XL	cm	170 - 180	99 - 106	84 - 91	96 - 104	76 - 84
		inches	67 - 71	39 - 42	33 - 36	38 - 41	30 - 33
	2XL	cm	178 - 188	104 - 111	89 - 96	101 - 109	84 - 89
		inches	70 - 74	41 - 44	35 - 38	40 - 43	33 - 35

RETURNS

Still not sure what size to order? No problem, we have fit-kits available for you to borrow [here](#).

Free processing on all returns

Receive free standard shipping on exchanges

Returns for in-stock product accepted for any reason (within 30 days of delivery date)

No returns on custom-made product accept in the case of a manufacturing defect

[Learn more.](#)

Customer Service

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