

## TRAINING SHORT SIZE CHART

Last Updated: May 2025

## Classic Fit - Designed For Easy Unrestricted Movement

MEN

SIZE	S	M	L	XL	2XL	3XL	4XL
WAIST	28 - 30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54
INSEAM	8 - 8.75	9	9.25	9.5	9.75	10	10.5
OUTSEAM	19 - 20	20 - 21.5	22	22.5	23	23.5	23.5

WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL
WAIST	23.5 - 26	26 - 29	29 - 31.5	31.5 - 34.5	34.5 - 38.5	38.5 - 42.5	46.8 - 50.3
INSEAM	3	3.25	3.5	3.75	4	4.25	4.5
OUTSEAM	12 - 12.5	12.5 - 13.5	13.5 - 14.5	14.5 - 15.5	15.5 - 16	16 - 16.5	16 - 16.5

YOUTH

SIZE	YXS	YS	YM	YL	YXL
NUMERIC	6 - 7	8 - 9	10 - 12	14 - 16	18 - 20
AGE (YRS.)	6 - 7	8 - 9	10 - 11	12 - 13	14+
HEIGHT	47 - 51	51 - 55	55 - 59	59 - 63	63 - 67
WAIST	23.5 - 24	24 - 25	25 - 27	27 - 28	28 - 29.5
INSEAM	6.5	7	7.5	8	8.5
OUTSEAM	13.25 - 14	14 - 15	15.25 - 16	16 - 17	17.25 - 18

**INFANT & TODDLER** 

SIZE	2Т	<b>3T</b>	<b>4T</b>
WAIST	18 3/4-19 1/4	19 1/4-20	20-20 1/2
WEIGHT	26-28	28-32	32-36



All sizes are in inches\*

## How To Measure

**WAIST:** Find the narrowest part of your waist (where you bend) and measure around it.

**OUTSEAM:** Measure from the waist down the outside of the leg to the ankle or desired length.

**INSEAM:** Measure from the crotch down the inside of the leg to the ankle or desired length.

If you cannot decide between two sizes, please choose the smaller size for a tighter fit or the larger size for a looser fit.

All measurements are subject to +/- 1 inch difference