

# TRAINING SHORT SIZE CHART

Last Updated: May 2025

### Classic Fit - Designed For Easy Unrestricted Movement

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SIZE	S	M	L	XL	2XL	3XL	4XL
WAIST	71 -76	81 - 86	91 - 96.5	101.5 - 106.5	111.5 - 116.5	121.5 - 127	132 - 137
INSEAM	20 - 22	22.5	23	24	24.5	25	26.5
OUTSEAM	48 - 50.5	50.5 - 54.5	55.5	57	58	59.5	59.5

#### WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL
WAIST	59.5 - 66	66 - 73.5	73.5 - 80	80 - 87.5	87.5 - 97.5	97.5 - 107.5	118.5 - 127.5
INSEAM	7.5	8	8.5	9.5	10	10.5	11
OUTSEAM	30 - 31.5	31.5 - 34	34 - 36.5	36.5 - 39	39 - 40.5	40.5 - 41.5	40.5 - 41.5

#### 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	119 - 129.5	129.5 - 139.5	139.5 - 149.5	149.5 - 160.	160 - 170
WAIST	59.5 - 60.5	60.5 - 63.5	63.5 - 68.5	68.5 - 71	71 - 74.5
INSEAM	16.5	17.5	19	20	21.5
OUTSEAM	33.5 - 35.5	35.5 - 38	38.5 - 40.5	40.5 - 43	43.5 - 45.5

#### **INFANT & TODDLER**

SIZE	2Т	<b>3T</b>	<b>4T</b>
WAIST	48-49	49-51	51-52
WEIGHT	12-13	13-15	15-16



All sizes are in centimeters\*

## 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