

SAUNA SUITS

SIZE	WAIST (IN)	CHEST (IN)
S/M	30-34	36-38
M/L	34-38	38-41
L/XL	38-42	42-46
XL/XXL	42-44	48-50



*SIZING IS UNISEX

SELECTING MEN'S T-SHIRT SIZE:

SLIM FIT/FITTED

Tighter fit, contours to the body shape.

REGULAR FIT

Looser fit, hangs slightly away from the body.

SIZE	CHEST (INCHES)
S	35-37
M	38-41
L	42-44
XL	45-48
XXL	49-53



*Find your size using a measuring tape.
Measure around the fullest part of your chest.

MEN'S PERFORMANCE TOPS

SIZE	CHEST WIDTH (IN*)
S	39.5
M	42.5
L	46
XL	49

MEN'S PERFORMANCE BOTTOMS

SIZE	WAIST (IN*)
S	30
M	32.5
L	35
XL	37

MEN'S CLASSIC/ AUTHENTIC TOPS

SIZE	CHEST WIDTH (IN*)
S	34.5 - 36.5
M	38.5 - 40.5
L	42.5 - 44.5
XL	46.5 - 48.5
XXL	50.5 - 52.5

MEN'S CLASSIC/ AUTHENTIC BOTTOMS

SIZE	WAIST (IN*)	HIP (IN*)
S	27-29	34-36
M	31-33	38-40
L	35-37	42-44
XL	39-41	46-48
XXL	43-45	50-52

SELECTING WOMEN'S T-SHIRT SIZE:

SLIM FIT/FITTED

Tighter fit, contours to the body shape.

REGULAR FIT

Looser fit, hangs slightly away from the body.

SIZE	CHEST (INCHES)
S	32-33
M	34-35
L	36-37
XL	38-40
XXL	41-43



*Find your size using a measuring tape.
Measure around the fullest part of your chest.

WOMEN'S TOPS

SIZE	HEIGHT	BUST	WAIST	HIP
XS (0-2)	5'4"-5'8"	32"-33"	25.5"-26.5"	35"-36"
S (4-6)	5'4"-5'8"	34"-35"	27.5"-28.5"	37"-38"
M (8-10)	5'4"-5'8"	36"-37"	29.5"-30.5"	39"-40"
L (12-14)	5'4"-5'8"	38.5"-40"	32"-33.5"	41.5"-43"
XL (16-18)	5'4"-5'8"	42"-44"	35"-37"	44.5"-46.5"
XXL (20)	5'4"-5'8"	46"	39"	48.5"

WOMEN'S BOTTOMS

SIZE	HEIGHT	WAIST	THIGH	HIP
XS (0-2)	5'4"-5'8"	25.5"-26.5"	20"-20.5"	35"-36"
S (4-6)	5'4"-5'8"	27.5"-28.5"	20.75"-21.25"	37"-38"
M (8-10)	5'4"-5'8"	29.5"-30.5"	22.25"-23"	39"-40"
L (12-14)	5'4"-5'8"	32"-33.5"	24"-25"	41.5"-43"
XL (16-18)	5'4"-5'8"	35"-37"	26"-27.75"	44.5"-46.5"
XXL (20)	5'4"-5'8"	39"	28.5"	48.5"

SELECTING A BOXING TRUNK SIZE

SIZE	WAIST SIZE
S	26"-30"
M	30"-34"
L	34"-38"
XL	38"-42"
XXL	42"-44"



SHORT SLEEVE RASH GUARD

SIZE	BODY LENGTH (cm*)	CHEST LENGTH (cm*)
XS	55	42
S	56	43
M	61	45
L	64	47
XL	66	48

LONG SLEEVE RASH GUARD

SIZE	BODY LENGTH (cm*)	CHEST LENGTH (cm*)	ARM LENGTH (cm*)
XS	55	42	65
S	56	43	68
M	61	45	71
L	64	47	72
XL	66	48	73

SUBMISSION RIP STOP SHORTS & MMA SHORTS

SIZE	LENGTH (cm*)	WAIST (cm*)
XS	47	74
S	48	84
M	49	90
L	50	96
XL	53	98

SELECTING A GI:

SIZE	HEIGHT	WEIGHT
XS	5'0"-5'4"	95-120 LBS
S	5'4"-5'8"	125-155 LBS
M	5'8"-6'0"	155-190 LBS
L	5'11"-6'2"	190-200 LBS
XL	6'1"-6'4"	220-255 LBS
XXL	6'4"+	255+ LBS