

MEN'S T-SHIRTS

➤ VENUM MEN'S T-SHIRTS SIZE CHART



SIZE	CHEST		HIPS	
	(CM)	(INCHES)	(CM)	(INCHES)
S	95 - 99	37 - 38 ^{1/2}	93 - 97	36 ^{1/2} - 38
M	100 - 103	39 - 40 ^{1/2}	98 - 101	38 ^{1/2} - 39 ^{1/2}
L	104 - 107	41 - 42	102 - 105	40 - 41
XL	108 - 111	42 ^{1/2} - 43 ^{1/2}	106 - 109	41 ^{1/2} - 42 ^{1/2}
XXL	112 - 115	44 - 45 ^{1/2}	110 - 113	43 - 44

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

HIPS Wrap the tape measure around the fullest part of your hips, keeping the tape horizontal

> VENUM MEN'S COMPRESSION SHORT SLEEVE SIZE CHART

SLEEVE LENGTH FRONT LENGTH



SIZE	CHEST		FRONT LENGTH		SLEEVE LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)	(CM)	(INCHES)
XS	less than 95cm	less than 37,5cm	50	19,5	25	10
S	95-99	37,5-39	51,5	20	27	11
M	100-103	39,5-40,5	53	21	29	11,5
L	104-107	41-42	54,5	21,5	31	12
XL	108-111	42,5-43,5	56	22	33	13
XXL	112-115	44-45	57,5	22,5	35	14

Adjusted fitting (Second skin feeling)

➤ VENUM MEN'S COMPRESSION LONG SLEEVE SIZE CHART



SIZE	CHEST		FRONT LENGTH		SLEEVE LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)	(CM)	(INCHES)
XS	less than 95cm	less than 37,5cm	50	19,5	66	26
S	95-99	37,5-39	51,5	20	68	27
M	100-103	39,5-40,5	53	21	70	27,5
L	104-107	41-42	54,5	21,5	72	28
XL	108-111	42,5-43,5	56	22	73	29
XXL	112-115	44-45	57,5	22,5	75	29,5

Adjusted fitting (Second skin feeling)

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

SLEEVE LENGTH Put the tape measure at the base of your side neck and let it fall on your arm to have an idea of the sleeve length.

FRONT LENGTH Put the tape measure at the base of front neck and let it fall on your chest to have an idea of the length

DOWN JACKET

› VENUM DOWN JACKET SIZE CHART



SIZE	CHEST		HIPS	
	(CM)	(INCHES)	(CM)	(INCHES)
S	95 - 99	37 - 38 ^{1/2}	93 - 97	36 ^{1/2} - 38
M	100 - 103	39 - 40 ^{1/2}	98 - 101	38 ^{1/2} - 39 ^{1/2}
L	104 - 107	41 - 42	102 - 105	40 - 41
XL	108 - 111	42 ^{1/2} - 43 ^{1/2}	106 - 109	41 ^{1/2} - 42 ^{1/2}
XXL	112 - 115	44 - 45 ^{1/2}	110 - 113	43 - 44

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

HIPS Wrap the tape measure around the fullest part of your hips, keeping the tape horizontal

MEN'S HOODIES

› VENUM MEN'S HOODIES SIZE CHART



SIZE	CHEST		HIPS	
	(CM)	(INCHES)	(CM)	(INCHES)
S	95 - 99	37 - 38 ^{1/2}	93 - 97	36 ^{1/2} - 38
M	100 - 103	39 - 40 ^{1/2}	98 - 101	38 ^{1/2} - 39 ^{1/2}
L	104 - 107	41 - 42	102 - 105	40 - 41
XL	108 - 111	42 ^{1/2} - 43 ^{1/2}	106 - 109	41 ^{1/2} - 42 ^{1/2}
XXL	112 - 115	44 - 45 ^{1/2}	110 - 113	43 - 44

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

HIPS Wrap the tape measure around the fullest part of your hips, keeping the tape horizontal

➤ VENUM MEN'S SHORT LENGTH FIGHTSHORTS SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XXS	72-76	28-30	37	14,6
XS	77-81	30-32,6	38	15
S	82-86	32,6-35	39	15,4
M	87-91	35-36,6	40	15,7
L	92-96	36,6-39	41	16,1
XL	97-101	39-41	42	16,5
XXL	102-106	41-43,3	43	16,9

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

➤ VENUM MEN'S LONG FIGHTSHORTS SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77-81	30-31 ^{1/2}	49	19,3
S	82-86	32-33 ^{1/2}	50	19,7
M	87-91	34-35 ^{1/2}	51	20,1
L	92-96	36-37 ^{1/2}	52	20,5
XL	97-101	38-39 ^{1/2}	53	20,9
XXL	102-106	40-41 ^{1/2}	54	21,3

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

MEN'S TRAINING SHORTS

› VENUM MEN'S TRAINING SHORTS SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XXS	72 - 77	28 - 30	47,5	18,7
XS	77-83	30 - 32,6	49	19,3
S	83-89	32,6 - 35	50,5	19,9
M	89-93	35 - 36,6	52	20,5
L	93-99	36,6 - 39	53,5	21,1
XL	99-104	39 - 41	54,5	21,5
XXL	104-110	41 - 43,3	56	22,0

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

JOGGING

> VENUM MEN'S SKINNY FIT JOGGING SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77-81	30 - 32,6	98	38
S	82-86	32,6 - 35	100	39
M	87-91	35-36,6	102	40
L	92-96	36,6-39	104	41
XL	97-101	39-41	106	42
XXL	102-106	41-43,3	108	42,5

Skinny Fitting

> VENUM MEN'S STRAIGHT FIT JOGGING SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77-81	30 - 32,6	98	38
S	82-86	32,6 - 35	100	39
M	87-91	35-36,6	102	40
L	92-96	36,6-39	104	41
XL	97-101	39-41	106	42
XXL	102-106	41-43,3	108	42,5

Straight Fitting

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

> VENUM MEN'S SPATS SIZE CHART



SIZE	WAIST		LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77-81	30-32	88	35
S	82-86	32-34	90	35,5
M	87-91	34-36	92	36
L	92-96	36-38	94	37
XL	97-101	38-40	96	38
XXL	102-106	40-42	98	38,5

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

➤ VENUM COMPRESSION SHORTS SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77-81	30-32	36	14
S	82-86	32-34	38	15
M	87-91	34-36	40	16
L	92-96	36-38	42	16,5
XL	97-101	38-40	44	17
XXL	102-106	40-42	46	18

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

➤ VENUM MUAY THAI SHORTS SIZE CHART



CURRENT SHORTS SIZE	WAIST		LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	72-76	28-30	30	12
S	77-81	30-32	32	13
M	82-86	32-34	34	13,5
L	87-91	34-36	36	14
XL	92-96	36-38	38	15
XXL	97-101	38-40	40	16

For Women, we recommend you to pick 1 extra size (or 2 extras sizes if you have large hips).

For Men, we recommend you to pick 1 extra size

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

➤ VENUM WOMEN'S TSHIRTS SIZE CHART



SIZE	CHEST		HIPS	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77 - 82	30 - 32 ^{1/2}	82 - 88	32 - 34 ^{1/2}
S	83 - 87	32 ^{1/2} - 34	89 - 93	35 - 36 ^{1/2}
M	88 - 92	34 ^{1/2} - 36	94 - 98	37 - 38 ^{1/2}
L	93 - 97	36 ^{1/2} - 38	99 - 103	39 - 40
XL	98 - 102	38 ^{1/2} - 40	104 - 108	40 ^{1/2} - 42 ^{1/2}

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

HIPS Wrap the tape measure around the fullest part of your hips, keeping the tape horizontal

> VENUM WOMEN'S HOODIES SIZE CHART



SIZE	CHEST		HIPS	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	77 - 82	30 - 32 ^{1/2}	82 - 88	32 - 34 ^{1/2}
S	83 - 87	32 ^{1/2} - 34	89 - 93	35 - 36 ^{1/2}
M	88 - 92	34 ^{1/2} - 36	94 - 98	37 - 38 ^{1/2}
L	93 - 97	36 ^{1/2} - 38	99 - 103	39 - 40
XL	98 - 102	38 ^{1/2} - 40	104 - 108	40 ^{1/2} - 42 ^{1/2}

CHEST Wrap the measure under your armpits, around the fullest part of your chest.

HIPS Wrap the tape measure around the fullest part of your hips, keeping the tape horizontal

➤ VENUM WOMEN'S SPORTS BRAS SIZE CHART



SIZE	CUP		
	(FRANCE)	(US)	(EUROPE)
XS	80A - 80B	30A - 30B	65A - 65B
S	80C - 85A - 85B	30C - 32A - 32B	65C - 70A - 70B
M	85C - 90A - 90B	32C - 34A - 34B	70C - 75A - 75B
L	90C - 95A - 95B	34C - 36A - 36B	75C - 80A - 80B

➤ VENUM WOMEN'S LASER JOGGING SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	72-76	28-30	89	35
S	77-81	30-32	91,5	36
M	82-86	32-34	94	37
L	87-91	34-36	96,5	38
XL	92-96	36-38	99	39

Skinny Fitting

We recommend to pick up the extra Size if you have large hip

> VENUM WOMEN'S CAMOLINE JOGGING SIZE CHART



SIZE	WAIST		LEGS LENGTH	
	(CM)	(INCHES)	(CM)	(INCHES)
XS	72-76	28-30	98	38,5
S	77-81	30-32	100	39
M	82-86	32-34	102	40
L	87-91	34-36	104	41
XL	92-96	36-38	106	42

Skinny Fitting

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

➤ VENUM WOMEN'S LEGGING SIZE CHART



SIZE	WAIST	
	(CM)	(INCHES)
XS	72-76	28-30
S	77-81	30-32
M	82-86	32-34
L	87-91	34-36
XL	92-96	36-38

WAIST Measure around your natural waistline, right above your hips. Keep tape slightly loose to allow room for breathing

Elastic waist offers more flexibility, you can have +/- 3cm margin to your waist measurements and still fit in the closest size.

> VENUM KIDS' T-SHIRT SIZE CHART



AGE	CHEST	
	(CM)	(INCH)
8	65 - 68	25 ^{1/2} - 26 ^{1/2}
10	69 - 72	27 - 28
12	73 - 76	28 ^{1/2} - 30
14	77 - 80	30 - 31 ^{1/2}

CHEST Wrap the measures under your armpits, around the fullest part of your chest.

> VENUM KIDS' FIGHTSHORTS SIZE CHART



AGE	WAIST	
	(CM)	(INCH)
8	61 - 64	24 - 25
10	65 - 68	25 ^{1/2} - 26 ^{1/2}
12	69 - 72	27 - 28
14	73 - 76	28 ^{1/2} - 29 ^{1/2}

WAIST Measure around your naturale waistline, right above your hips. Keep the tape slightly loos to allow room for breathing.

➤ VENUM BJJ GIS KIDS SIZE CHART



SIZE	AGE	HEIGHT		SLEEVES LENGTH		PANTS LENGTH	
		(CM)	(INCHES)	(CM)	(INCHES)	(CM)	(INCHES)
C00	4/5	100-110	39,3-43,3	102	40,1	61	24
C0	6/7	111-122	43,7-48	111	43,7	67	26,3
C1	8/9	123-136	48,4-53,5	120	47,2	73	28,7
C2	10/11	137-147	53,9-57,8	129	50,7	79	31,1
C3	12/13	148-160	58,2-62,9	138	54,3	85	33,4

LEGS LENGTH

Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

KARATE GIS

➤ VENUM CONTENDER & CHALLENGER GIS SIZE CHART



HEIGHT	
(CM)	(FT)
110	3'6"
120	3'9"
130	4'2"
140	4'5"
150	4'9"
160	5'2"
170	5'5"
180	5'9"
190	6'2"
200	6'5"

➤ VENUM ELITE KUMITE GIS SIZE CHART



HEIGHT	
(CM)	(FT)
150	4'9"
160	5'2"
170	5'5"
180	5'9"
190	6'2"
200	6'5"

➤ VENUM ELITE KATA GIS SIZE CHART



HEIGHT	
(CM)	(FT)
155	5'0"
160	5'2"
165	5'4"
170	5'5"
175	5'7"
180	5'9"
185	6'0"
190	6'2"
195	6'4"
200	6'5"

All Venum Kimonos are pre-shrunk, before purchasing take into account for additional shrinking after the first wash. The size of the Kimonos are linked to the height of the athlete, with a margin of 5 to 10 cm. Depending of your preference, you can limit the scope for a tailored fit. If instead you want a loose fit, please choose at least one size above your height. For example: An Adult Karateka of 173 cm can choose a size of 175 cm for a classic fit, a 180 cm for a loose fit, and a 185 for a very loose fit.

➤ VENUM BJJ GIS SIZE CHART



SIZE	SLEEVES LENGTH		PANTS LENGTH		APPAREL SIZE MATCH	WEIGHT		USER SIZE	
	(CM)	(INCHES)	(CM)	(INCHES)		(KG)	(LBS)	(CM)	(INCHES)
A0	146	57,5	88	35	XS	less than 50kg	less than 110lbs	150-156	4'11" - 5'1"
A1	152	60	92	36	S	50 to 64	110 to 141	157-163	5'1" - 5'4"
A1,5	158	62	96	38	S/M	57 to 71	126 to 156,5	164-170	5'4" - 5'6"
A2	166	65	100	39	M	65 to 77	143 to 170	171-177	5'6" - 5'9"
A2,5	172	68	104	41	M/L	71 to 95	156,5 to 209,5	178-184	5'9" - 6'
A3	178	70	108	42,5	L	88 to 102	194 to 225	185-191	6'1" - 6'3"
A4	184	72,5	112	42,5	XL/XXL	102 to 113	225 to 249	192 & more	6'3" & more

SLEEVE LENGTH Put the tape measure at the base of your side neck and let it fall on your arm to have an idea of the sleeve length.

LEGS LENGTH Put the tape measure at your natural waist line and let it fall on your leg to have an idea of the length

BJJ BELT

➤ VENUM BJJ BELT SIZE CHART



SIZE	LENGTH		APPAREL'S SIZE MATCH
	(CM)	(INCHES)	
A1	225	100,5	S
A2	282	111	M
A3	293	115	L
A4	317	125	XL

BOXING GLOVES

› VENUM BOXING GLOVES SIZE CHART



SIZE	WEIGHT	
	(KG)	(LBS)
8oz	46 and under	101 and under
10oz	46 - 54	101 - 120
12oz	55 - 68	121 - 150
14oz	69 - 82	151 - 180
16oz	83 and over	83 and over

These measurements are approximations. It is highly recommended to seek advice from your coach, to choose the right sized gloves.

According to the type of workout or training you practice, you may have to use gloves with a different size than the one mentioned on our table, for various reasons.

BOXING GLOVES KIDS

➤ VENUM BOXING GLOVES KIDS SIZE CHART



	YEARS	WEIGHT (OZ)
S	3 - 5	6
M	6 - 8	7
L	9 - 11	8

The measurements are approximations. It is highly recommended to seek advice from your coach, to choose the right sized gloves. According to the type of workout or training you practice, you may have to use gloves with a different size than the one mentioned on our table, for various reasons.

MMA GLOVES

› VENUM MMA GLOVES SIZE CHART



HAND CIRCUMFERENCE

SIZE	HAND CIRCUMFERENCE	
	(CM)	(INCH)
S	16 - 18	6 1/2 - 7
M	19 - 21	7 1/2 - 8
L/XL	22 and over	8 1/2

HAND CIRCUMFERENCE Measure the circumference of your hand, just below the knuckles.

› VENUM SPARRING MMA GLOVES SIZE CHART



HAND CIRCUMFERENCE

SIZE	HAND CIRCUMFERENCE	
	(CM)	(INCH)
S/M	16 - 18	6 1/2 - 7
	19 - 21	7 1/2 - 8
L/XL	22 and over	8 1/2

HAND CIRCUMFERENCE Measure the circumference of your hand, just below the knuckles.

SHINGUARDS

➤ VENUM SHINGUARDS SIZE CHART



SIZE	HEIGHT		USER'S SIZE	
	(CM)	(INCHES)	(CM)	(INCHES)
M	36	14	1m65-1m72	5'4" - 5'7"
L	38	15	1m72 - 1m85	5'7" - 6'1"
XL	40	16	1m85 & More	6'1" & More

SHINGUARDS

➤ VENUM SHINGUARDS WITH STEPS SIZE CHART



SIZE	HEIGHT		FOOT LENGTH		USER'S SIZE	
	(CM)	(INCHES)	(CM)	(INCHES)	(CM)	(INCHES)
M	35	14	19	7,5	1m68 - 1m75	5'6" - 5'8"
L	37	14,5	20	8	1m75 - 1m85	5'8" - 6'1"
XL	39	15	21	8,5	1m85 & More	6'1" & More

SHINGUARDS KIDS

› VENUM SHINGUARDS KIDS SIZE CHART



	AGE	LENGTH (CM)
S	3 - 5	28
M	6 - 8	30
L	9 - 11	32

GROINGUARDS

› VENUM GROINGUARD SIZE CHARTS



	WAIST	
	(CM)	(INCH)
S	82 - 87	32 - 34
M	88 - 93	34 ^{1/2} - 36 ^{1/2}
L	94 and over	37

WAIST Measure around your naturale waistline, right above your hips. Keep the tape slightly loos to allow room for breathing.

KNEE PADS

› VENUM KNEE PADS SIZE CHART



SIZE	WEIGHT	
	(CM)	(INCHES)
S	37 - 38	14 - 14 ^{1/2}
M/L	39 - 40	15 - 15 ^{1/2}
XL	41 and over	16

The protection pads are not adjustable

EARGUARDS

› VENUM EARGUARDS SIZE CHARTS



	HEAD	
	(CM)	(INCH)
S	82 - 87	32 - 34
M	88 - 93	34 ^{1/2} - 36 ^{1/2}

HEADGEARS

> VENUM HEADGEARS SIZE CHARTS



ONE SIZE FITS ALL

ELBOW PADS

> VENUM ELBOW PADS SIZE CHARTS



ONE SIZE FITS ALL

FOOTGEAR

› VENUM FOOT GEAR SIZE CHART



SIZE	LENGTH		HEIGHT		CORRESPONDENCE SHOE SIZE	
	(CM)	(INCHES)	(CM)	(INCHES)	(EU)	(US)
S	25	9,85	18	7	39/41	6 à 8
M	28	11	19	7,5	42/45	8,5 à 11
L/XL	30	12	20	8	45 et plus	11 et plus

GLOVES

› VENUM FITNESS/RUNNING GLOVES SIZE CHARTS



SIZE	HAND CIRCUMFERENCE		HEIGHT	
	(CM)	(INCH)	(CM)	(INCH)
S/M	18 - 21,5	7" - 8.2"	15,5 - 19	5.9" - 7.4"
L/XL	21,6 - 25	8.2" - 9.8"	19 - 22,5	7.4" - 8.6"

HAND CIRCUMFERENCE Measure the circumference of your hand, just below the knuckles.

GLOVES

› VENUM FITNESS/WEIGHT LIFTING GLOVES SIZE CHARTS



SIZE	HAND CIRCUMFERENCE	
	(CM)	(INCH)
S/M	18 - 21,5	7" - 8.2"
L/XL	21,6 - 25	8.2" - 9.8"

HAND CIRCUMFERENCE Measure the circumference of your hand, just below the knuckles.

HAT AND BEANIES

› VENUM HAT AND BEANIES SIZE CHARTS



	HEAD CIRCUMFERENCE	
	(CM)	(INCH)
S/M	51 - 55	20 - 22
L/XL	56 - 60	22 - 24