Size guide

US edition. Standard body measurements for Caprio Wear activewear and teamwear. Body measurements in inches, with centimeters.

FIND YOUR SIZE

01

Measure

Use a soft tape over light clothing. Each chart has numbered points that match its columns.

02

Match

Open the chart for your product and find the row where your measurements fall.

03

Choose

Go by chest or bust for tops, hip and waist for bottoms, height for youth.

Between two sizes?

Choose the smaller size for a tight or compression fit, and the larger size for a regular or relaxed fit.

Compression

Hugs the body. Stay true to your measurements or size down.

Regular

Close to the body with room to move.

Relaxed

A loose cut with extra room.

CONTENTS

Men's tops 2

Men's bottoms 3

Women's tops and one-pieces 4

Women's bottoms 5

Sports bras 6

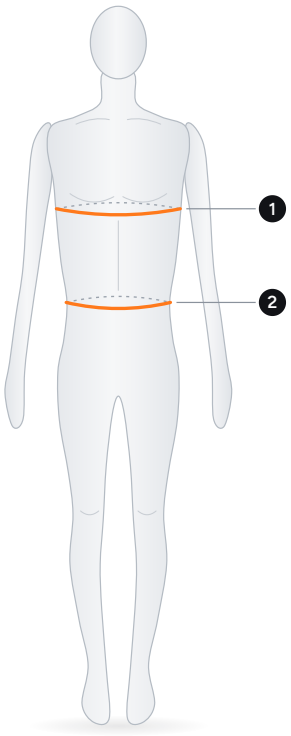
Youth 7

How to measure 8

Men's tops

Tees, tanks, long sleeves, compression and base layers, hoodies, sweatshirts, jackets, track jackets, team jerseys and fight wear. Chest sets the size.

SIZE	1 Chest in / cm	2 Waist in / cm
XS	32.5-34.5 82-88 cm	27-28.5 69-73 cm
S	35-37.5 89-95 cm	29-31 74-79 cm
M	38-40.5 96-103 cm	31.5-34.5 80-88 cm
L	41-44 104-112 cm	35-38 89-97 cm
XL	44.5-48.5 113-123 cm	38.5-42.5 98-108 cm
XXL	49-52.5 124-134 cm	43-46.5 109-118 cm



1 Chest
2 Waist

How to measure, p. 8

Measuring for this chart

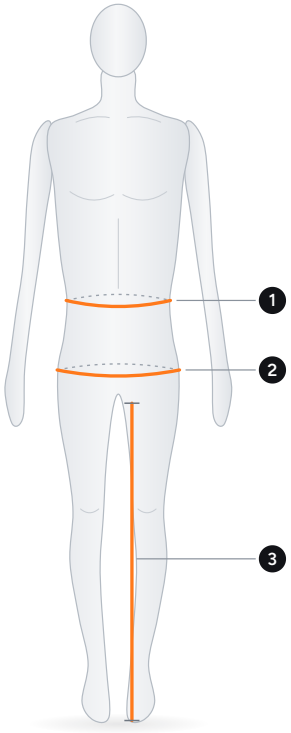
Measure around the fullest part of your chest, under your arms, with the tape level across your back. If chest and waist point to different sizes, go by chest.

Measurements may vary slightly by style. We can grade to your own size spec on request.

Men's bottoms

Shorts, joggers, track pants, leggings and tights, team shorts. Waist sets the size.

SIZE	WAIST SIZE	1 Waist in / cm	2 Hip in / cm
XS	W28-29	27-28.5 69-73 cm	32.5-34.5 82-88 cm
S	W30-31	29-31 74-79 cm	35-37.5 89-95 cm
M	W32-35	31.5-34.5 80-88 cm	38-40 96-102 cm
L	W36-38	35-38 89-97 cm	40.5-43 103-110 cm
XL	W39-42	38.5-42.5 98-108 cm	43.5-46.5 111-118 cm
XXL	W43-46	43-46.5 109-118 cm	47-49.5 119-126 cm



1 Waist
2 Hip
3 Inseam

How to measure, p. 8

Measuring for this chart

Measure around your natural waist with one finger of ease. If waist and hip point to different sizes, go by the larger one. Then pick your length.

3 Length options Body inseam

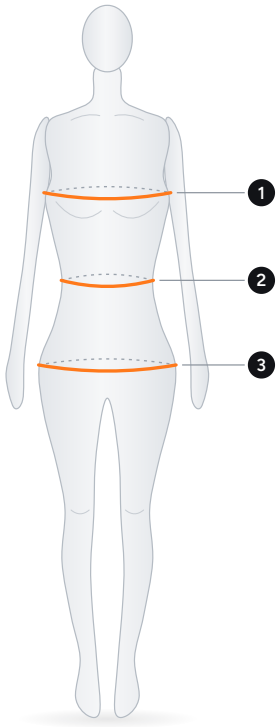
SHORT	REGULAR	TALL	CUSTOM
30 in 76 cm	32 in 81 cm	34 in 86 cm	Any length on request

Measurements may vary slightly by style. We can grade to your own size spec on request.

Women's tops and one-pieces

Tees, tanks, long sleeves, compression and base layers, hoodies, sweatshirts, jackets, team jerseys, bodysuits and jumpsuits. Bust sets the size; for one-pieces, go by the larger of bust or hip.

SIZE	US SIZE	1 Bust in / cm	2 Waist in / cm	3 Hip in / cm
XS	0-2	30.5-32 78-82 cm	24-26 61-66 cm	34-35.5 86-91 cm
S	4-6	32.5-35 83-89 cm	26.5-28 67-72 cm	36-38 92-97 cm
M	8-10	35.5-37.5 90-95 cm	28.5-30.5 73-78 cm	38.5-41 98-104 cm
L	12-14	38-40.5 96-103 cm	31-34 79-86 cm	41.5-43 105-110 cm
XL	16-18	41-43.5 104-111 cm	34.5-37 87-94 cm	43.5-46.5 111-118 cm
XXL	20-22	44-46.5 112-119 cm	37.5-40.5 95-103 cm	47-50 119-127 cm



1 Bust
2 Waist
3 Hip

How to measure, p. 8

Measuring for this chart

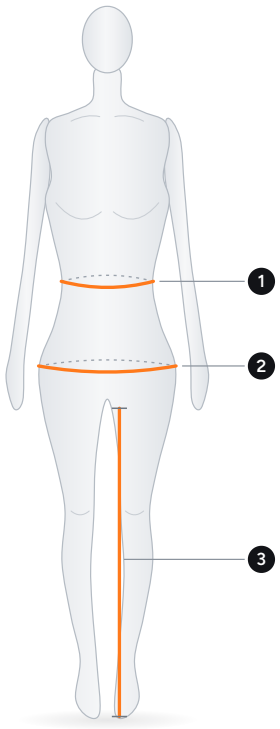
Measure around the fullest part of your bust with the tape level across your back. Keep it snug, not tight.

Measurements may vary slightly by style. We can grade to your own size spec on request.

Women's bottoms

Leggings, shorts, joggers, track pants, team shorts. Hip sets the size.

SIZE	US SIZE	1 Waist in / cm	2 Hip in / cm
XS	0-2	24-26 61-66 cm	34-35.5 86-90 cm
S	4-6	26.5-28 67-72 cm	36-37.5 91-96 cm
M	8-10	28.5-30.5 73-78 cm	38-40.5 97-103 cm
L	12-14	31-34 79-86 cm	41-43 104-110 cm
XL	16-18	34.5-37 87-94 cm	43.5-46 111-117 cm
XXL	20-22	37.5-40.5 95-103 cm	46.5-50 118-127 cm



1 Waist
2 Hip
3 Inseam

How to measure, p. 8

Measuring for this chart

Stand with your feet together and measure around the fullest part of your hips and seat. Then pick your length.

3 Length options Body inseam

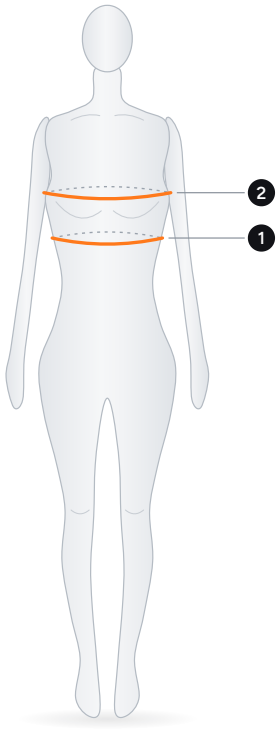
SHORT	REGULAR	TALL	CUSTOM
28.5 in 73 cm	30.5 in 78 cm	32.5 in 83 cm	Any length on request

Measurements may vary slightly by style. We can grade to your own size spec on request.

Sports bras

Sports bras and crop tops in letter sizes. Underbust sets the size; bust confirms it.

SIZE	1 Underbust in / cm	2 Bust in / cm
XS	26.5-27.5 67-70 cm	31.5-33.5 80-85 cm
S	28-30 71-76 cm	34-35.5 86-90 cm
M	30.5-32 77-81 cm	36-37.5 91-95 cm
L	32.5-34 82-87 cm	38-40 96-102 cm
XL	34.5-36 88-92 cm	40.5-42.5 103-108 cm
XXL	36.5-39 93-99 cm	43-45.5 109-116 cm



1 Underbust
2 Bust

How to measure, p. 8

Measuring for this chart

Measure snugly around your ribcage, directly under your bust, then measure your bust. The difference gives your cup.

Cup guide Bust minus underbust, in

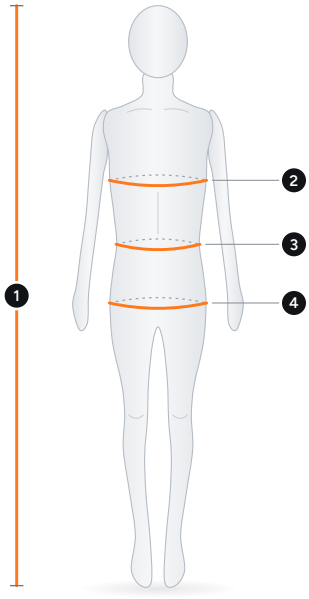
A	B	C	D	DD / E	DDD / F
1	2	3	4	5	6

Measurements may vary slightly by style. We can grade to your own size spec on request.

Youth

Youth and kids tops and bottoms for activewear and teamwear, unisex. Height sets the size.

SIZE	US SIZE	1 Height in / cm	2 Chest in / cm	3 Waist in / cm	4 Hip in / cm
YXS	4-5	up to 49.5 up to 126 cm	20.5-24 52-61 cm	22-22.5 56-57 cm	21.5-25 54-64 cm
YS	6-8	50-53.5 127-136 cm	24.5-27 62-69 cm	23-24.5 58-62 cm	25.5-28 65-72 cm
YM	10-12	54-58 137-148 cm	27.5-30 70-76 cm	25-26.5 63-68 cm	28.5-30.5 73-78 cm
YL	14-16	58.5-63 149-160 cm	30.5-32.5 77-83 cm	27-28.5 69-73 cm	31-34 79-86 cm
YXL	18-20	63.5-68 161-173 cm	33-35.5 84-91 cm	29-31.5 74-80 cm	34.5-37 87-94 cm



1. Height
2. Chest
3. Waist
4. Hip

How to measure, p. 8

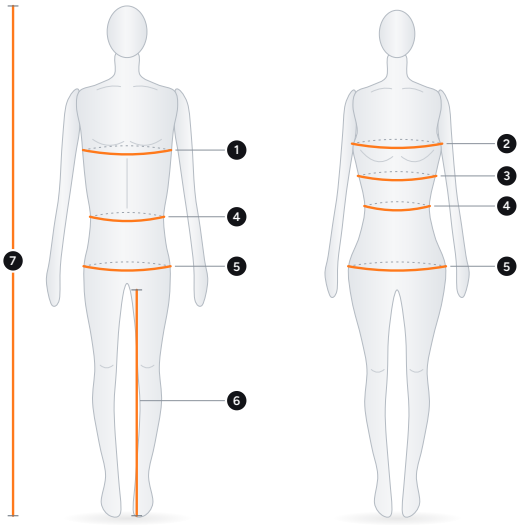
Measuring for this chart

Measure barefoot against a wall, from the floor to the top of the head. If the child sits between sizes, size up to allow for growth.

REFERENCE

How to measure

Measure your body, not a garment. Stand relaxed, keep the tape level, snug but not tight.



1. **Chest**
   Around the fullest part of your chest, under your arms, tape level across your back.
2. **Bust**
   Around the fullest part of your bust, tape level across your back.
3. **Underbust**
   Snugly around your ribcage, directly under your bust.
4. **Waist**
   Around your natural waist, the narrowest part of your torso. Keep one finger of ease.
5. **Hip**
   Feet together, around the fullest part of your hips and seat.
6. **Inseam**
   From the top of your inner thigh to the floor, standing barefoot.
7. **Height**
   Barefoot against a wall, from the floor to the top of the head.

NOTES

Sizes above XXL are available on request.

US size numbers vary slightly between brands; use body measurements first.

Bottoms come in short, regular and tall lengths, or any custom length on request.

Youth sizes run YXS to YXL. Go by height first, then chest. YXS height is not published, so it reads as up to the start of YS.

Sports bras: each letter size fits a range of cups. Your cup is the difference between bust and underbust.

Need a different fit?

We can grade to your own size spec on request.

hello@capriosports.com

Request a sample ↗