Joma SIZE GUIDES

MEN'S TOP

Size	Chest		Waist		Hip	
	(cm)	(inches)	(cm)	(inches)	(cm)	(inches)
S	87-94	34.25-37.01	75-82	29.53-32.28	86-93	33.86-36.61
M	95-101	37.40-39.76	83-90	32.68-35.43	94-100	37.01-39.37
L	102-108	40.16-42.52	91-97	35.83-38.19	101-108	39.76-42.52
XL	109-114	42.91-44.88	98-103	38.58-40.55	109-113	42.91-44.49
XXL-3XL	115-143	45.28-56.30	104-134	40.94-52.76	114-138	44.88-54.33

WOMEN'S TOP

Size	Chest		Waist		Hip	
	(cm)	(inches)	(cm)	(inches)	(cm)	(inches)
XS	76-82	29.92-32.28	61-68	24.01-26.77	86-90	33.86-35.43
S	83-89	32.68-35.04	69-73	27.16-28.74	91-95	35.83-37.40
M	90-94	35.43-37.01	74-78	29.13-30.71	96-100	37.80-39.37
L	95-98	37.40-38.58	79-82	31.10-32.28	101-104	39.76-40.94
XL	99-102	38.98-40.16	83-86	32.68-33.86	105-108	41.34-42.52
XXL-3XL	103-106	40.55-41.73	87-90	34.25-35.43	109-112	42.91-44.09

KIDS' TOP AND BOTTOM

Size	Age	Height		Chest		Waist		Hip	
		(cm)	(inches)	(cm)	(inches)	(cm)	(inches)	(cm)	(inches)
6XS	4-5	100-108	39.37-42.52	55-57	21.65-22.44	54-55	21.26-21.65	60-62	23.62-24.41
5XS	5-6	109-117	42.91-46.06	58-61	22.83-24.02	56-57	22.05-22.44	63-65	24.80-25.59
4XS	7-8	118-128	46.46-50.39	62-66	24.41-25.98	58-60	22.83-23.62	66-68	25.98-26.77
3XS	9-10	129-140	50.79-55.12	67-72	26.38-28.35	61-64	24.01-25-19	69-74	27.17-29.13
2XS	11-12	141-152	55.51-59.84	73-79	28.74-31.10	65-68	25.59-26.77	75-80	29.52-31.50
XS	12-14	153-164	60.24-64.57	80-87	31.50-34.25	69-72	27.17-28.35	81-86	31.89-33.86