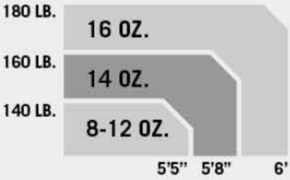
SIZE CHARTS

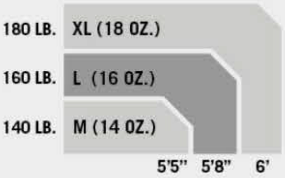
SELECTING A GLOVE SIZE:

Use the following chart to estimate a glove weight that will properly fit your hand size in most cases.



SELECTING AN ELITE TRAINING GLOVE SIZE:

Use the following chart to estimate an Elite training glove size that will properly fit your hand size in most cases. Each glove has extra padding for sparring use.



SELECTING A

FIGHT GLOVE SIZE

SIZE	WEIGHT
8 OZ.	146 LBS. & UNDER
10 OZ. & 10 OZ. LXL	147 LBS. & OVER

EVERLAST
POWERLOCK
EVERLAST

SELECTING AN EVERGEL HAND WRAP:

With a measuring tape, Measure the circumference around your palm, across the knuckles.

HAND SIZE	MEN'S SIZE	WOMEN'S SIZE*
Up to 7"	X	M
7 - 7.5"	M	M-L
7.5 - 8"	M-L	L
8 - 9"	L	X
9 - 10"	XL	X

*SIZING FOR THE EVERGEL HAND WRAPS IN PINK ONLY

SELECTING A HEADGEAR SIZE

SIZE	HEAD CIRCUMFERENCE
S	UP TO 21.5"
M	21.5"-22.25"
L	22.25"-23"
XL	23" & UP

SELECTING AN ELITE HEADGEAR SIZE

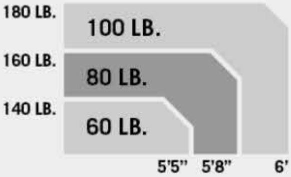
SIZE	HEAD CIRCUMFERENCE
S/M	UP TO 21.5"- 22.25"
L/XL	22.25"-23" & UP

SELECTING A GROIN PROTECTOR SIZE

SIZE	WAIST SIZE
S	UP TO 30"
M	32"-34"
L	36"-38"
XL	38"+

CHOOSING A HEAVY BAG:

RECOMMENDED WEIGHT:
Bag should be approximately half your weight.



CHOOSING A SPEED BAG

NOVICE:
Everhide speed bag
SIZE: Large

INTERMEDIATE:
Leather speed bag
SIZE: Large

ADVANCE:
Leather speed bag
SIZE: Medium

SELECTING A STABILITY BALL

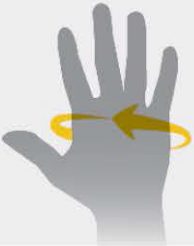
YOUR HEIGHT	BALL SIZE (CM)
4'11" - 5'4"	55
5'4" - 5'11"	65
5'11" - 6'7"	75

EVERLAST
F.I.T.
65

SELECTING AN MMA TRAINING GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

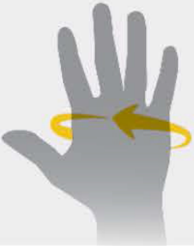
SIZE	HAND SIZE
S/M	8" & UNDER
L/XL	8" & MORE



SELECTING AN MMA AMATEUR FIGHT GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

SIZE	HAND SIZE
S/M	8" & UNDER
L/XL	8" & MORE



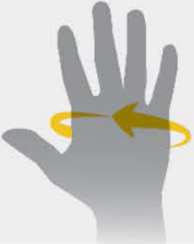
SELECTING AN MMA PRO FIGHT GLOVE SIZE:

User should measure the circumference around their palm across the knuckles.

SIZE	HAND SIZE

XS	7" & UNDER
S	7"-7.5"
M	7.5"-8"
L	8"-9"
XL	9"-10"
XXL	10" & MORE

*Increase a size for hand wrap use.



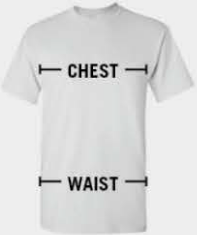
SELECTING MEN'S T-SHIRT SIZE:

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

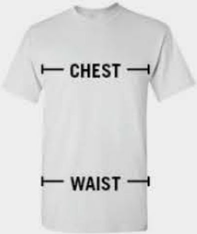
SELECTING WOMEN'S T-SHIRT SIZE:

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

Check out the collection of sports equipment we offer.