

BAG GLOVES/FITNESS GLOVES

UP TO 100 LBS	101 - 150 LBS	151 - 175 LBS	OVER 175 LBS
6-8 oz.	10-12 oz.	14 oz.	16-18 oz.
SIZE: YOUTH (Y)	SIZE: REGULAR (S/M)	SIZE: LARGE (L/XL)	SIZE: LARGE (L/XL)



TRAINING/SPARRING GLOVES

YOUTH	101 - 150 LBS	151 - 175 LBS	OVER 175 LBS
8-12 oz.	12-14 oz.	14-16 oz.	16-18 oz.



PRO FIGHT GLOVES

UP TO 146 LBS	147 LBS AND OVER
8 oz.	10 oz.



*12 oz. is often used in non-championship and non-sanctioned fights.

AMATEUR COMPETITION GLOVES

UP TO 141 LBS	142 LBS - S. Hvywt.	MASTERS DIVISION
10 oz.	12 oz.	16 oz.



*Glove sizes will sometimes vary depending on local boxing commission, tournament and competition requirements.

MMA GLOVES

SIZE		HAND CIRCUMFERENCE
YOUTH	YOUTH(YM/YL)	UP TO 7.5"
SMALL	REGULAR(S/M)	7.5" TO 8"
MEDIUM	REGULAR(S/M)	8" TO 8.75"
LARGE	LARGE(L/XL)	8.75" TO 9.5"
X-LARGE	LARGE(L/XL)	9.5" AND UP



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

HEADGEAR

SIZE		HEAD CIRCUMFERENCE
YOUTH	YOUTH(Y)	UP TO 20.75"
SMALL	REGULAR(S/M)	20.75" TO 21.5"
MEDIUM	REGULAR(S/M)	21.5" TO 22.25"
LARGE	LARGE(L/XL)	22.25" TO 23"
X-LARGE	LARGE(L/XL)	23" AND UP



*Size Small (S) fits Youth in all Amateur Competition Headgear options.

GROIN PROTECTOR

SIZE	WAIST SIZE
YOUTH MED	20" TO 22"
YOUTH LG	23" TO 25"
SMALL	26" TO 28"
MEDIUM	30" TO 32"
LARGE	34" TO 36"
X-LARGE	38" AND OVER



SHIN GUARDS

SIZE		HEIGHT
YOUTH/CHILD	YOUTH(Y), CHILD(C)	UP TO 4'6"
SMALL	REGULAR(S/M)	4'6" TO 5'2"
MEDIUM	REGULAR(S/M)	5'2" TO 5'10"
LARGE	LARGE(L/XL)	5'10" TO 6'4"
X-LARGE	LARGE(L/XL)	6'4" AND UP



*Sizes can vary from Height recommendations above depending on body build and frame.

SPEED BAG

SKILL	SPEED BAG SIZE	
ADVANCED	XXS, XS, S	Up to 5"x8"
INTERMEDIATE	M, L	6"x9" to 7"x10"
BEGINNER	XL, XXL	8"x11" to 10"x12"



JUMP ROPE

ROPE LENGTH	USER HEIGHT
7-FEET	UP TO 5'2"
8-FEET	5'2" TO 5'6"
9-FEET	5'6" TO 6'2"
10-FEET	6'2" AND UP



MEN'S T-SHIRT & TOPS

SIZE	CHEST SIZE (INCHES)
YOUTH MED	28" - 31"
YOUTH LG	32" - 34"
SMALL	35" - 37"
MEDIUM	38" - 41"
LARGE	42" - 44"
X-LARGE	45" - 48"
XX-LARGE	49" - 53"



WOMEN'S T-SHIRT & TOPS

SIZE	CHEST SIZE (INCHES)
X-SMALL	30" - 31"
SMALL	32" - 33"
MEDIUM	34" - 35"
LARGE	36" - 37"
X-LARGE	38" - 40"



BOXING TRUNKS & SHORTS

SIZE	WAIST SIZE (INCHES)
YOUTH MED	20" - 23"
YOUTH LG	23" - 26"
SMALL	26" - 30"
MEDIUM	30" - 34"
LARGE	34" - 38"
X-LARGE	38" - 42"
XX-LARGE	42" - 46"



BOXING SHOES

All Boxing Shoes are listed in Men's sizes. Boxing Shoes are sized to fit the same as athletic and running shoes, and should fit true to size. Women's sizes run 1 to 1.5 size lower than men's.

Example: If you wear Women's size 8 athletic shoes, order a size 6.5 or 7 Boxing Shoes.

Youth sizes in Boxing Shoes are listed from 1 to 5, in selected styles



SAUNA SUITS & WEIGHT LOSS

SIZE	HEIGHT	CHEST	WEIGHT
X-SMALL	5' - 5'5"	32" - 34"	100 - 120 LBS
SMALL	5'2" - 5'6"	34" - 36"	120 - 140 LBS
REG(S/M)	5'2" - 5'8"	34" - 39"	120 - 160 LBS
MEDIUM	5'4" - 5'8"	36" - 39"	140 - 160 LBS
LARGE	5'7" - 5'11"	38" - 41"	170 - 190 LBS
LARGE(L/XL)	5'7" - 6'2"	38" - 42"	170 - 210 LBS
X-LARGE	5'9" - 6'2"	40" - 42"	190 - 210 LBS
XX-LARGE	5'9" - 6'4"	42" - 44"	210 - 230 LBS
HVY WT.	5'9" - 6'5"	42" - 46"	190 - 240 LBS
3X-LARGE	5'9" - 6'4"	44" - 46"	220 - 240 LBS
4X-LARGE	5'10" - 6'	46" - 48"	230 - 250 LBS
5X-LARGE	5'10" - 6'7"	48" - 52"	250 - 270 LBS
6X-LARGE	5'11" - 6'8"	50" - 54"	270 - ABOVE



*Sauna suits are designed to fit loose and baggy, as the trapped air creates "sauna action". The Cutting Weight and Fighting Weight items are designed to fit snug and firm.

WARM-UP SETS

SIZE	HEIGHT	CHEST	WAIST	INSEAM
YOUTH M	4'9" - 5'2"	28" - 31"	20" - 23"	26"
YOUTH LG	5'0" - 5'5"	32" - 34"	22" - 26"	28"
SMALL	5'2" - 5'6"	35" - 37"	25" - 29"	30"
MEDIUM	5'4" - 5'8"	38" - 41"	28" - 33"	32"
LARGE	5'7" - 5'11"	42" - 44"	32" - 37"	34"
X-LARGE	5'9" - 6'2"	45" - 48"	36" - 41"	36"
XX-LARGE	5'11" - 6'5"	49" - 53"	40" - 46"	38"



*Warm-Ups are designed to fit more loose and non-conforming. Pants have inside waist drawstring for greater flexibility and security.