

MEN'S AND WOMEN'S ADIDAS FOOTWEAR SIZING

HEEL - TOE	22.1 cm	22.5 cm	22.9 cm	23.3 cm	23.8 cm	24.2 cm	24.6 cm
EU	36	36 ² / ₃	37 ¹ / ₃	38	38 ² / ₃	39 ¹ / ₃	40
UK	3.5	4	4.5	5	5.5	6	6.5
US - MEN	4	4.5	5	5.5	6	6.5	7
US - WOMEN	5	5.5	6	6.5	7	7.5	8

HEEL - TOE	25 cm	25.5 cm	25.9cm	26.3 cm	26.7 cm	27.1 cm	27.6 cm
EU	40 ² / ₃	41 ¹ / ₃	42	42 ² / ₃	43 ¹ / ₃	44	44 ² / ₃
UK	7	7.5	8	8.5	9	9.5	10
US - MEN	7.5	8	8.5	9	9.5	10	10.5
US - WOMEN	8.5	9	9.5	10	10.5	11	11.5

HEEL - TOE	28 cm	28.4 cm	28.8 cm	29.3 cm	29.7 cm	30.1 cm	30.5 cm
EU	45 ¹ / ₃	46	46 ² / ₃	47 ¹ / ₃	48	48 ² / ₃	49 ¹ / ₃
UK	10.5	11	11.5	12	12.5	13	13.5
US - MEN	11	11.5	12	12.5	13	13.5	14
US - WOMEN	12	12.5	13	13.5	14	14.5	15

HEEL - TOE	31 cm	31.4 cm	32.2 cm	33.9 cm	34.8 cm	35.6 cm
EU	50	50 ² / ₃	51 ¹ / ₃	52 ² / ₃	53 ¹ / ₃	54 ² / ₃
UK	14	14-	15	16	17	18
US - MEN	14.5	15	16	17	18	19
US - WOMEN	15.5	--	--	--	--	--

KID'S FOOTWEAR SIZING



HEEL - TOE	8.1 cm	9 cm	9.8 cm	10.6 cm	11.5 cm	12.3 cm	12.8 cm
EU	16	17	18	19	20	21	22
UK	0k	1k	2k	3k	4k	5k	5.5k
US	1k	2k	3k	4k	5k	5.5k	6k

HEEL - TOE	13.2 cm	13.6 cm	14 cm	14.5 cm	14.9 cm	15.3 cm	15.7 cm
EU	23	23.5	24	25	25.5	26	26.5
UK	6k	6.5k	7k	7.5k	8k	8.5k	9k
US - MEN	6.5k	7k	7.5k	8k	8.5k	9k	9.5k

HEEL - TOE	16.1 cm	16.6 cm	17 cm	17.4 cm	17.8 cm	18.3 cm	18.7 cm
EU	27	28	28.5	29	30	30.5	31
UK	9.5k	10k	10.5k	11k	11.5k	12k	12.5k
US	10k	10.5k	11k	11.5k	12k	12.5k	13k

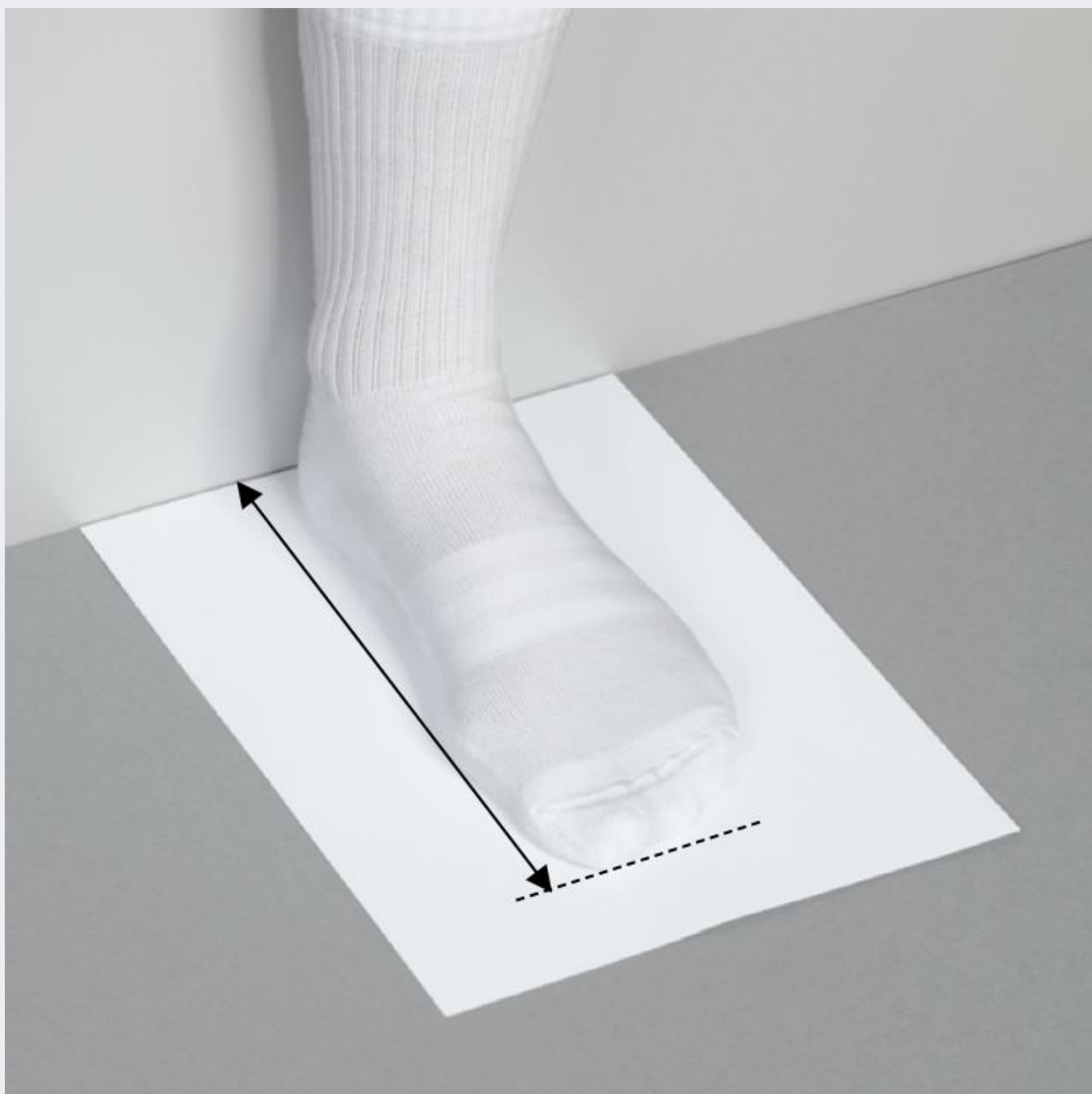
HEEL - TOE	19.1 cm	19.5 cm	20 cm	20.4 cm	20.8 cm	21.2 cm	21.6 cm
EU	31.5	32	33	33.5	34	35	35.5
UK	13k	13.5k	1	1.5	2	2.5	3
US	13.5k	1	1.5	2	2.5	3	3.5

HEEL - TOE	22.1 cm	22.5 cm	22.9 cm	23.3 cm	23.8 cm	24.2 cm	24.6 cm	25 cm
EU	36	36 $\frac{2}{3}$	37 $\frac{1}{3}$	38	38 $\frac{2}{3}$	39 $\frac{1}{3}$	40	40 $\frac{2}{3}$
UK	3.5	4	4.5	5	5.5	6	6.5	7
US	4	4.5	5	5.5	6	6.5	7	7.5

HOW TO MEASURE

FOLLOW THESE EASY STEPS TO GET THE RIGHT SIZE. FOR THE BEST FIT, MEASURE YOUR FEET AT THE END OF THE DAY.

1. Step on a piece of paper with your heel slightly touching a wall behind.
2. Mark the end of your longest toe on the paper (you might need a friend to help you) and measure from the wall to the marking.
3. Do the same for the other foot and compare measurements with our size chart to get the right size.



MEN SHIRTS & TOPS SIZING

PRODUCT LABEL	XS	S	M	L	XL	2XL	3XL
DE SIZE	40 - 42	44 - 46	48 - 50	52 - 54	56 - 58	60 - 62	64 - 66
CHEST (CM)	82 - 87	88 - 94	95 - 102	103 - 111	112 - 121	122 - 132	133 - 144
WAIST (CM)	71 - 75	76 - 82	83 - 90	91 - 99	100 - 109	110 - 121	122 - 134
HIP (CM)	82 - 86	87 - 93	94 - 101	102 - 110	111 - 119	120 - 128	129 - 138

MEN'S PANTS & SHORTS SIZING

PRODUCT LABEL	XS	S	M	L	XL	2XL	3XL
DE SIZE	40 - 42	44 - 46	48 - 50	52 - 54	56 - 58	60 - 62	64 - 66
WAIST (CM)	71 - 75	76 - 82	83 - 90	91 - 99	100 - 109	110 - 121	122 - 134
HIP (CM)	82 - 86	87 - 93	94 - 101	102 - 110	111 - 119	120 - 128	129 - 138
INSEAM (CM)	81	81.5	82	82.5	83	82.5	82

HOW TO MEASURE

GRAB A TAPE MEASURE, WRITE DOWN THE MEASUREMENTS AND COMPARE WITH OUR SIZE CHART FOR THE RIGHT SIZE.

Hold the tape horizontally to measure:

- Chest**, around the widest part
- Waist**, around the narrowest part
- Hip**, around the widest part, keeping the feet close together

Hold the tape vertically to measure:

- Inseam**, from the crotch to the floor
- Height**, from the top of the head to the floor, keeping a straight posture



WOMEN'S SHIRTS & TOPS SIZING



PRODUCT LABEL	XXS	XS	S	M	L
DE SIZE	26 - 28	30 - 32	34 - 36	38 - 40	42 - 44
CHEST (CM)	73 - 76	77 - 82	83 - 88	89 - 94	95 - 101
WAIST (CM)	57 - 60	61 - 66	67 - 72	73 - 78	79 - 85
HIP (CM)	82 - 85	86 - 91	92 - 97	98 - 103	104 - 110

PRODUCT LABEL	XL	1X	2XL	2X	3X	4X
DE SIZE	46 - 48	46 - 48	50 - 52	50 - 52	54 - 56	58 - 60
CHEST (CM)	102 - 109	104 - 113	110 - 118	114 - 123	124 - 133	134 - 143
WAIST (CM)	86 - 94	89 - 98	95 - 104	99 - 108	109 - 118	119 - 128
HIP (CM)	111 - 117	111 - 120	118 - 125	121 - 130	131 - 140	141 - 150

WOMEN'S PANTS & SHORTS SIZING



PRODUCT LABEL	XXS	XS	S	M	L	XL	XXL
DE SIZE	26 - 28	30 - 32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52
WAIST (CM)	57 - 60	61 - 66	67 - 72	73 - 78	79 - 85	86 - 94	94 - 104
HIP (CM)	82 - 85	86 - 91	92 - 97	98 - 103	104 - 110	111 - 117	118 - 125
INSEAM (CM)	77.5	78	78.5	79	79.5	80	80.5

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AND COMPARE WITH OUR SIZE CHART FOR THE RIGHT SIZE.

Hold the tape horizontally to measure:

1. **Chest**, around the widest part
2. **Waist**, around the narrowest part
3. **Hip**, around the widest part, keeping the feet close together

Hold the tape vertically to measure:

4. **Inseam**, from the crotch to the floor
5. **Height**, from the top of the head to the floor, keeping a straight posture



CLOTHING FOR KIDS BABIES & TODDLERS (0-3 YEARS)



PRODUCT LABEL	56	62	68	74	80	86	92	98
AGE	0 Month	0-3 Months	3-6 Months	6-9 Months	9-12 Months	12-18 Months	1-2 Years	2-3 Years
HEIGHT (CM)	56-62	62-68	68-74	74-80	80-86	86	86-92	93-98
CHEST (CM)	38.5 - 43	43 - 45.5	45.5 - 47	47 - 49.5	49.5 - 51	51 - 51.5	51.5 - 52.5	53 - 54.5
WAIST (CM)	38.6 - 43	43 - 45	45 - 46.5	46.5 - 48.75	48.75 - 49.75	49.75 - 50	50 - 50.5	51 - 52.5
HIP (CM)	38.6 - 43	43 - 45	45 - 46.5	46.5 - 48.75	48.75 - 49.75	49.75 - 52	52 - 53	53.5 - 56
INSEAM (CM)	19.1	21.75	24.25	27	31.12	34.5	38	41

CHILDREN (4-10 YEARS)



PRODUCT LABEL	104	110	116	122	128	134	140
AGE	3-4 Years	4-5 Years	5-6 Years	6-7 Years	7-8 Years	8-9 Years	9-10 Years
HEIGHT (CM)	99-104	105-110	111-116	117-122	123-128	129-134	135-140
CHEST (CM)	55 - 56	56.5 - 58	58.5 - 60.5	61 - 63	63.5 - 64	64.5 - 67.5	68 - 71
WAIST (CM)	53 - 54.5	54.5 - 55	55.5 - 56	56.5 - 57	57.5 - 59	59.5 - 61.5	62 - 63.5
HIP (CM)	56.5 - 60	60.5 - 62	62.5 - 64	64.5 - 66	66.5 - 68	68.5 - 71	71.5 - 74.5
INSEAM (CM)	45.5	49.25	52	56	59.25	62	65

CLOTHING FOR KIDS YOUTH & TEENS (11-16 YEARS)



PRODUCT LABEL	146	152	158	164	170	176
AGE	10-11 Years	11-12 Years	12-13 Years	13-14 Years	14-15 Years	15-16 Years
HEIGHT (CM)	141-146	147-152	153-158	159-164	165-170	171-176
CHEST (CM)	71.5 - 74.5	75 - 78	78.5 - 82	82.5 - 86	86.5 - 89	89.5 - 91.5
WAIST (CM)	64 - 66	66.5 - 68	68.5 - 70.5	71 - 73	73.5 - 74.5	75 - 76.5
HIP (CM)	75 - 77.5	78 - 81	81.5 - 85	85.5 - 89	89.5 - 91.5	92 - 94
INSEAM (CM)	67	70	73	76	79	82

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Hold the tape horizontally to measure:

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- Hip**, around the widest part, keeping the feet close together

Hold the tape vertically to measure:

- Inseam**, from the crotch to the floor
- Height**, from the top of the head to the floor, keeping a straight posture

