



Size	Chest	Waist	Hip	Torso	Shirt Size
CXS	17-19	17-19	18-20	35-37	2/3
CS	20-23	19-21	19-22	38-40	4
CM	23-25	22-24	21-23	40-42	5/6
CI	23-25	22-24	21-23	42-44	6/7
CL	25-27	23-25	22-24	44-46	7/8
CXL	26-27	23-25	23-25	46-48	8/10
AXS	26-28	24-26	24-26	47-49	10
AS	28-30	24-26	26-28	50-53	12
AM	30-32	26-27	27-29	53-55	G 14/JR 9
AL	33-35	26-28	28-30	56-58	G 16/JR 12
AXL	36-38	29-31	31-33	58-60	G 18/Ladies 12

**SIZE YOUR
GYMNAST**

Size for success

To size your gymnast with the most accuracy, ensure that the gymnast:

- has their feet flat on the floor
- stands tall and straight
- does not hold their breath or suck in their tummy

All measurements listed below are in inches unless otherwise noted. Need to print this chart? Just click and print to your heart's content!