

## SIZE CHART - INDEX

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# SHOE SIZE GUIDE

UNISEX / MEN'S SIZES		US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14	15	16	17		
		UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13.5	14	15	16		
		EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5	47	48	49	50.5	51.5	53		
		CM	22.5	23	23.5	24	24.5	25	25.25	25.5	26	26.5	27	27.5	28	28.25	28.5	29	29.5	30	30.5	31	32	33	34		
WOMEN'S EQUIVALENT SIZES		US	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13										
		UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	11										
		EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	46										
		CM	22.5	23	23.5	24	24.5	25	25.25	25.5	26	26.5	27	27.5	28	28.5	29										

## MEN

US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5
CM	22.5	23	23.5	24	24.5	25	25.25	25.5	26	26.5	27	27.5	28	28.25	28.5	29	29.5

## WOMEN

US	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5
CM	22.5	23	23.5	24	24.5	25	25.25	25.5	26	26.5	27	27.5	28	28.25

## KIDS

US	K10	K11	K12	K13	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7
EU	27	28.5	30	31.5	32.5	33	33.5	34.5	35	35.5	36	37	37.5	38	39	39.5	40
CM	17	17.5	18.5	19.5	20	20.5	21	21.5	22	22.25	22.5	23	23.5	24	24.5	25	25.5

# SHOE WIDTH GUIDE

The standard (medium) width for women is B, while the standard width for men is D. Shoe boxes and labels will only identify widths other than standard. Within the shoes, wide and narrow widths are identified on the label, underneath the tongue — ie. T005N(2E).

**When is additional width needed?**

Visible stretching or bulging on the outsides of forefoot materials is a good indicator that additional width may be needed. These sizes are available in many of our Running and Training shoes. In some cases, men can wear women’s styles to achieve a narrow fit and women can wear men’s to get a wide. If this is needed, please use the references above to determine comparable size lengths. Please note that the differences of width between narrow, standard, wide, and extra wide are usually only a couple millimeters and are proportional to the size of the shoe. Most additional width will be found in the forefoot.

MEN/KIDS		WOMEN
	2A	NARROW
NARROW	B	STANDARD
STANDARD	D	WIDE
WIDE	2E	EXTRA WIDE
EXTRA WIDE	4E	

# CLOTHING SIZE GUIDE

## MEN'S BODY SIZING CHART\*

	XS	S	M	L	XL	XXL
Chest	33" - 36"	36" - 39"	39" - 41"	41" - 43"	43" - 46"	46" - 49"
Waist	27" - 30"	30" - 33"	33" - 35"	36" - 38"	38" - 42"	42" - 45"
Hip	33" - 36"	36" - 39"	39" - 41"	41" - 43"	43" - 46"	46" - 49"

## MEN'S SEAMLESS STYLES & PERFORMANCE UNDERWEAR\*

	S/M	M/L	L/XL
Waist	31" - 33"	34" - 36"	37" - 39"
Hip	39" - 41"	42" - 44"	45" - 47"

\* Measurements refer to body size, not garment size

## WOMEN'S BODY SIZING CHART\*

	XS (4-6)	S (6-8)	M (8-10)	L (10-12)	XL (12-14)
Chest	31" - 33"	33" - 35"	35" - 37"	37" - 39½"	39½" - 42½"
Waist	24" - 26"	26" - 28"	28" - 30"	30" - 32½"	32½" - 35½"
Hip	34" - 36"	36" - 38"	38" - 40"	40" - 42"	42" - 45"
Bra Cups	30B-C	32B-C	34B-C	36B-C	38B-C

## WOMEN'S SEAMLESS STYLES & PERFORMANCE UNDERWEAR\*

	S/M	M/L	L/XL
Bust	33" - 36"	36" - 39"	39" - 42"
Waist	26" - 30"	30" - 32"	32" - 35"
Hip	37" - 40"	39" - 42"	41" - 44"

\* Measurements refer to body size, not garment size

**BRA RECOMMENDATIONS (Based on body size and activity)\***

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
ASICS® Lock Zip Bra	32C, 32D	34C, 34D	36C, 36D	38C, 38D	40C, 40D
ASICS® Adjust Bra	32B, 32C	34B, 34C	36B, 36C	38B, 38C	40B, 40C

**WRESTLING SINGLET SIZE CHART**

	<b>4X-S</b>	<b>3X-S</b>	<b>2X-S</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2X-L</b>
Chest	19"-20.5"	21"-22.5"	23"-24.5"	25"-26.5"	27"-28.5"	29"-30.5"	31"-33"	34"-36"	37"-39"
Waist	17"-18"	19"-20"	21"-22"	22.5"-23.5"	24"-25.5"	26"-28"	29"-31"	32"-34"	35"-36"
Hip	19"-20.5"	21"-22.5"	23"-24.5"	25"-26.5"	27"-28.5"	29"-30.5"	31"-33"	34"-36"	37"-39"
Inseam	2.75"	4"	5.25"	6.25"	7.25"	8.25"	9"	9.75"	10.75"
Weight	40-55 lbs.	55-75 lbs.	75-95 lbs.	95-115 lbs.	115-135 lbs.	135-160 lbs.	160-190 lbs.	190-220 lbs.	Over 220 lbs.

**ADULT SOCK SIZING CHART**

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
US Men's Shoe Size			7 - 9	9.5 - 11.5	12+
US Women's Shoe Size	4 - 5.5	6 - 7.5	8 - 9.5	10+	
EU Shoe Size	34 - 36	37 - 39	40 - 42	42 - 44	45 - 47
Calf Girth (inches)	13"	14"	15.5"	16.5"	18"

**YOUTH SOCK SIZING CHART**

	<b>S</b>	<b>M</b>	<b>L</b>
US Men's Shoe Size		4 - 4.5	5 - 8
US Womens's Shoe Size		3 - 6	6.5 - 9.5
US Youth Shoe Size	K9-K12	1-5	6-9
<b>EU Shoe Size</b>	27 - 31	32 - 37	38 - 41

<b>KIDS CLOTHING (CM)</b>	<b>XS/6</b>	<b>S/8</b>	<b>M/10</b>	<b>L/12</b>	<b>XL/14</b>
CHEST	64.5 - 66	66 - 69	69 - 75	75 - 81.5	81.5 - 88.5
WAIST	57 - 61.5	61.5 - 65	65 - 69	69 - 72.5	72.5 - 75.5
HIP	68.5 - 71	71 - 74.5	74.5 - 79.5	79.5 - 84.5	84.5 - 89.5

## Sources

<https://www.asics.com/us/en-us/shoe-size-guide.html>

<https://www.asics.com/us/en-us/shoe-width-guide.html>

<https://www.asics.com/us/en-us/clothing-size-guide.html>