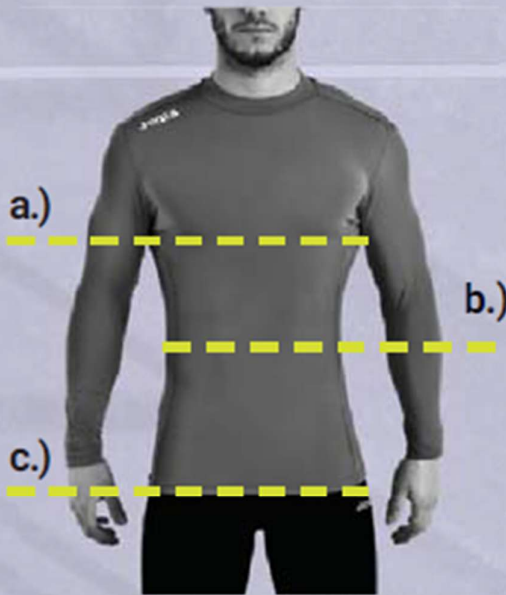


# Joma sizing guide - men

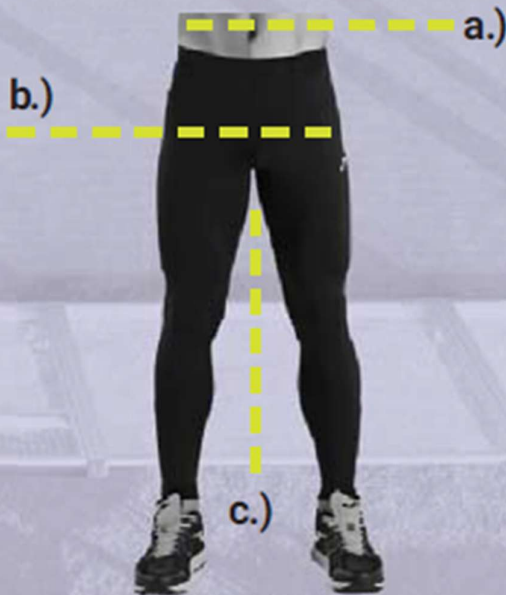
## UPPER PART



- a.) **Chest contour**  
Bust measurement around the fullest part of your chest, keeping the tape horizontal.
- b.) **Waist contour**  
Waist measurement around the narrowest part, keeping the tape horizontal.
- c.) **Hips contour**  
Hips measurement around the widest part, keeping your feet together and the tape horizontal.

| Sizes / Talla | Chest / Pecho (A) | Waist / Cintura (B) | Hip / Cadera (C) |
|---------------|-------------------|---------------------|------------------|
| S             | 34,5" - 37"       | 29,5" - 31,5"       | 34" - 36,5"      |
| M             | 37,5" - 41"       | 32" - 34,5"         | 37" - 39"        |
| L             | 41,5" - 44"       | 35" - 38"           | 39,5" - 42,5"    |
| XL            | 44,5" - 46"       | 38,5" - 41"         | 43" - 45,5"      |
| 2XL           | 46,5" - 48"       | 41,5" - 44"         | 46" - 47,5"      |
| 3XL           | 48,5" - 50,5"     | 44,5" - 47"         | 48" - 49,5"      |
| 4XL           | 51" - 53"         | 47,5" - 49"         | 50" - 51"        |
| 5XL           | 53,5" - 55"       | 49,5" - 51,5"       | 51,5" - 53,5"    |
| 2XL - 3XL     | 45,5" - 56"       | 41,5" - 53"         | 45,5" - 54"      |

## BOTTOM PART



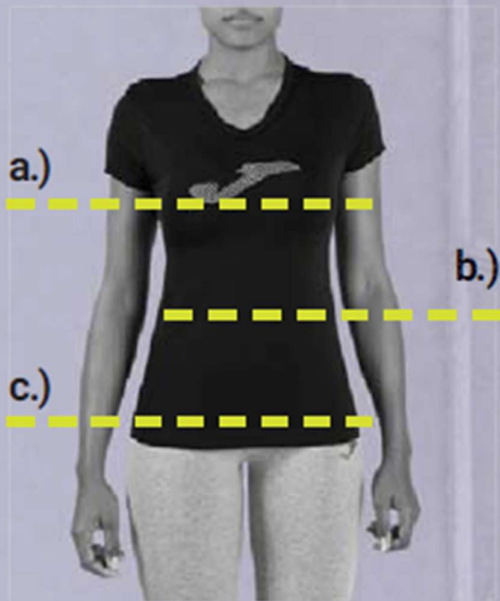
- a.) **Waist contour**  
Waist measurement around the narrowest part, keeping the tape horizontal.
- b.) **Hips contour**  
Hips measurement around the widest part, keeping your feet together and the tape horizontal.
- c.) **Leg**  
Inside leg measurement.

| Sizes / Talla | Waist / Cintura (A) | Hip / Cadera (B) | Tiro / Inseam (C) |
|---------------|---------------------|------------------|-------------------|
| S             | 29,5" - 31"         | 33,5" - 36,5"    | 32"               |
| M             | 31,5" - 34,5"       | 37" - 39"        | 32,5"             |
| L             | 35" - 38"           | 39,5" - 42"      | 32,5"             |
| XL            | 38,5" - 41"         | 42,5" - 45,5"    | 32,5"             |
| 2XL           | 41,5" - 44"         | 46" - 48"        | 32,5"             |
| 3XL           | 44,5" - 47"         | 48,5" - 51,5"    | 32,5"             |
| 4XL           | 47,5" - 51"         | 52" - 54,5"      | 33"               |
| 5XL           | 51,5" - 54,5"       | 55" - 57,5"      | 33"               |
| 2XL - 3XL     | 41" - 52,5"         | 44,5" - 54"      | 33"               |

| Sizes / Talla | Years / Edad | Height / Altura | Chest / Pecho | Waist / Cintura | Hip / Cadera  |
|---------------|--------------|-----------------|---------------|-----------------|---------------|
| 6XS           | 4 - 5        | 39" - 43"       | 21,5" - 22,5" | 21" - 21,5"     | 23,5" - 24,5" |
| 5XS           | 5 - 6        | 43,5" - 46"     | 23" - 24"     | 22" - 22,5"     | 23,5" - 25"   |
| 4XS           | 7 - 8        | 46,5" - 50"     | 24,5" - 26"   | 23" - 23,5"     | 25,5" - 27"   |
| 3XS           | 9 - 10       | 50,5" - 55"     | 26,5" - 28,5" | 24" - 25"       | 27,5" - 29"   |
| 2XS           | 11 - 12      | 55,5" - 60"     | 28,5" - 31"   | 25,5" - 26"     | 29,5" - 31"   |
| XS            | 12 - 14      | 60,5" - 65"     | 31,5" - 34"   | 26,5" - 28"     | 31,5" - 34"   |

# Joma sizing guide - women

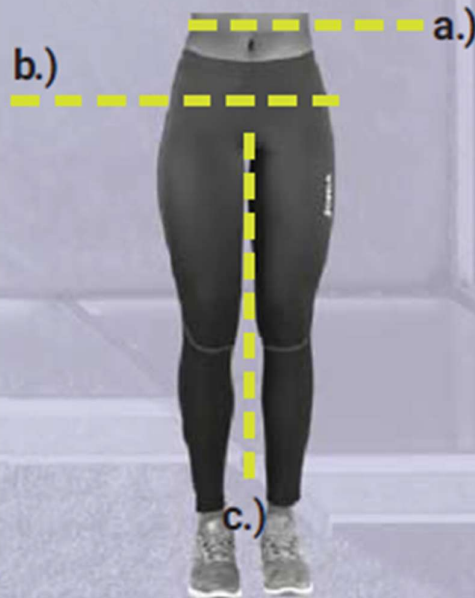
## UPPER PART



- a.) **Chest contour**  
Bust measurement around the fullest part of your chest, keeping the tape horizontal.
- b.) **Waist contour**  
Waist measurement around the narrowest part, keeping the tape horizontal.
- c.) **Hips contour**  
Hips measurement around the widest part, keeping your feet together and the tape horizontal.

| Sizes / Talla | Chest / Pecho (A) | Waist / Cintura (B) | Hip / Cadera (C) |
|---------------|-------------------|---------------------|------------------|
| S             | 32,5" - 35"       | 27" - 28,5"         | 35,5" - 37"      |
| M             | 35,5" - 37"       | 29" - 30,5"         | 37,5" - 39,5"    |
| L             | 37,5" - 38,5"     | 31" - 32,5"         | 40" - 42,5"      |
| XL            | 39" - 40,5"       | 33" - 34,5"         | 43" - 44,5"      |
| 2XL           | 41" - 43"         | 35" - 36,5"         | 45" - 47"        |
| 3XL           | 43,5" - 45"       | 37" - 38,5"         | 47,5" - 49,5"    |
| 4XL           | 45,5" - 47,5"     | 39" - 40,5"         | 49,5" - 51,5"    |
| *2XL - 3XL    | 40,5" - 41,5"     | 34" - 35,5"         | 43" - 44"        |

## BOTTOM PART



- a.) **Waist contour**  
Waist measurement around the narrowest part, keeping the tape horizontal.
- b.) **Hips contour**  
Hips measurement around the widest part, keeping your feet together and the tape horizontal.
- c.) **Leg**  
Inside leg measurement.

| Sizes / Talla | Waist / Cintura (A) | Hip / Cadera (B) | Tiro / Inseam (C) |
|---------------|---------------------|------------------|-------------------|
| S             | 21" - 28,5"         | 35,5" - 37"      | 31"               |
| M             | 29" - 30,5"         | 37,5" - 39,5"    | 31"               |
| L             | 31" - 32,5"         | 40" - 42,5"      | 31"               |
| XL            | 33" - 34,5"         | 42,5" - 44,5"    | 31,5"             |
| 2XL           | 35" - 36,5"         | 45" - 47"        | 31,5"             |
| 3XL           | 37" - 38,5"         | 47,5" - 49"      | 31,5"             |
| 4XL           | 39" - 40,5"         | 49,5" - 51,5"    | 31,5"             |
| 2XL - 3XL     | 34" - 35,5"         | 42,5" - 44"      | 31,5"             |

| Sizes / Talla | Years / Edad | Height / Altura | Chest / Pecho | Waist / Cintura | Hip / Cadera  |
|---------------|--------------|-----------------|---------------|-----------------|---------------|
| 6XS           | 4 - 5        | 39" - 43"       | 21,5" - 22,5" | 21" - 21,5"     | 23,5" - 24,5" |
| 5XS           | 5 - 6        | 43,5" - 46"     | 23" - 24"     | 22" - 22,5"     | 23,5" - 25"   |
| 4XS           | 7 - 8        | 46,5" - 50"     | 24,5" - 26"   | 23" - 23,5"     | 25,5" - 27"   |
| 3XS           | 9 - 10       | 50,5" - 55"     | 26,5" - 28,5" | 24" - 25"       | 27,5" - 29"   |
| 2XS           | 11 - 12      | 55,5" - 60"     | 28,5" - 31"   | 25,5" - 26"     | 29,5" - 31"   |
| XS            | 12 - 14      | 60,5" - 65"     | 31,5" - 34"   | 26,5" - 28"     | 31,5" - 34"   |