



MMA

Size Guides

SILVERBACK

MMA Rash Guard *(unisex child to adult)*



		< Junior Sizing >				< Adult Sizing >								
Size (inches)		XSJr	SJr	MJr	LJr	2XS	XS	S	M	L	XL	2XL	3XL	+/- TOL
Body length	A	16½	18	19½	21	22½	24	25	26	27	28	29	30	½
Chest width ½	B	11½	12¼	13	13¾	14½	15½	16½	17½	18½	19½	20½	21½	½
Short Sleeve	C	11¾	12¾	13¼	13¾	15¾	16	16½	16¾	17½	17¾	18	18½	½
Long Sleeve	D	19¾	21½	23	23¾	25½	26	26¼	26¾	27	27½	28	28¼	½

A guide to finding your size

The simplest way of finding a suitable size is usually based on your chest width. Find a similar item that you already own and like the fit of and lay it flat on a table. Once flat get a tape measure and measure the distance in inches from armpit to armpit, this will give you your 'chest width' measurement. You can then use this measurement to cross-reference against the above size chart.

NB: This is just intended as guide and does not guarantee a perfect fit. Please also consider all other measurements given to find the best fit.

MMA Kickboxing Shorts *(unisex child to adult)*



	< Junior sizing >							< Adult Sizing >												
Size (inches)	4Jr	6Jr	8Jr	10Jr	12Jr	14Jr	16Jr	2XS (28")	XS (30")	S (32")	M (34")	L (36")	XL (38")	2XL (40")	3XL (42")	4XL (44")	5XL (46")	6XL (48")	+/- TO	
Waist relax ½	A	8 ½	9 ½	10 ½	11 ½	12 ½	13 ½	14 ½	15 ½	16 ½	17 ½	18 ½	19 ½	20 ½	21 ½	22 ½	23 ½	24 ½	25 ½	26 ½
Waist stretch ½	A	8 ¼	9 ¼	10 ¼	11 ¼	12 ¼	13 ¼	14 ¼	15 ¼	16 ¼	17 ¼	18 ¼	19 ¼	20 ¼	21 ¼	22 ¼	23 ¼	24 ¼	25 ¼	26 ¼
Front rise	B	8 ½	9	9 ½	10 ¼	10 ½	11	11	11 ½	11 ¾	12 ¼	12 ½	13	13 ½	13 ¾	14	14 ½	15	15 ½	16
Outer leg	C	12 ¼	13 ¼	13 ½	14 ¼	14 ½	15	15	15 ½	16 ¼	16 ½	17	17 ½	18 ¼	18 ½	19	19 ½	20	20 ½	21
Leg Opening	D	9 ½	9 ¾	10 ¼	10 ½	11	11 ½	11 ¾	12 ¼	12 ½	13	13 ¼	13 ¾	14	14 ½	15	15 ½	16	16 ½	17

COMING SOON
(Under development!)

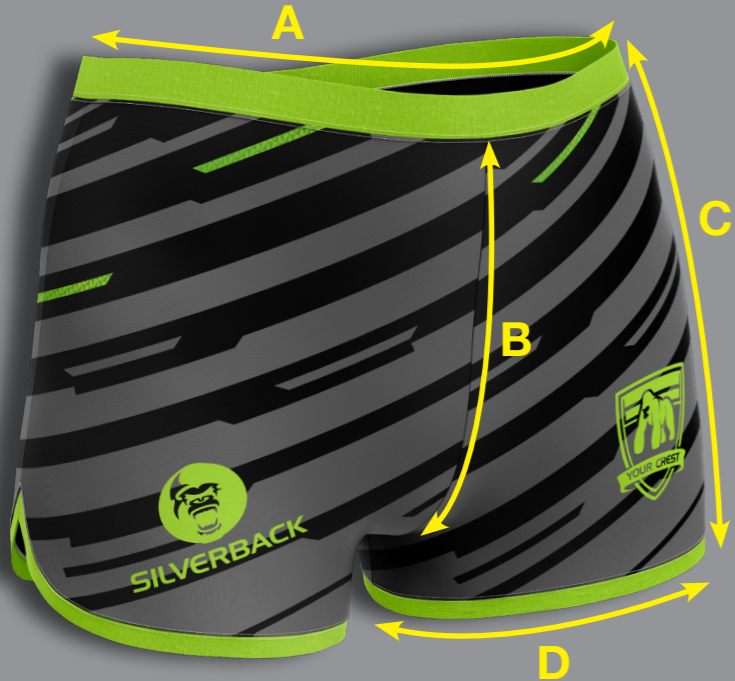
A guide to finding your size

The simplest way of finding a suitable size is usually based on your waist measurement. Measure your waist with a tape measure and like the fit of and lay it flat on a table. Once flat get a tape measure across the widest part of the waistband. This will give you your 'waist relax' measurement. You can then refer to the size chart above along with the 'waist stretch' and 'front rise' measurements to find the best fit.

NB: This is just intended as guide and does not guarantee the best fit.



MMA Grappling Shorts *(unisex child to adult)*



	< Junior sizing >							< Adult Sizing >												
Size (inches)	4Jr	6Jr	8Jr	10Jr	12Jr	14Jr	16Jr	2XS (28")	XS (30")	S (32")	M (34")	L (36")	XL (38")	2XL (40")	3XL (42")	4XL (44")	5XL (46")	6XL (48")	+/- TO	
Waist relax ½	A	8 ½	9 ½	10 ½	11 ½	12 ½	13 ½	14	14 ½	15 ½	16 ½	17 ½	18 ½	19 ½	20 ½	21 ½	22 ½	23 ½	24 ½	25 ½
Waist stretch ½	A	8 ½	9 ½	10 ½	11 ½	12 ½	13 ½	14	14 ½	15 ½	16 ½	17 ½	18 ½	19 ½	20 ½	21 ½	22 ½	23 ½	24 ½	25 ½
Front rise	B	8 ½	9 ½	9 ¾	10 ¼	10 ½	11	11	11 ½	11 ¾	12 ¼	12 ½	13	13 ½	13 ¾	14	14 ½	15	15 ½	16
Outer leg	C	12 ¾	13 ¾	13 ¾	14 ¾	15 ¾	16 ¾	17 ¾	18 ¾	19 ¾	20 ¾	21 ¾	22 ¾	23 ¾	24 ¾	25 ¾	26 ¾	27 ¾	28 ¾	29 ¾
Leg Opening	D	9 ½	9 ¾	10 ¼	10 ½	11	11 ½	11 ¾	12 ¼	12 ½	13	13 ¼	13 ¾	14	14 ½	15	15 ½	16	16 ½	17

COMING SOON
(Under development!)

A guide to finding your size

The simplest way of finding a suitable size is usually based on your waist measurement. Measure your waist with a tape measure and like the fit of and lay it flat on a table. Once flat get a tape measure across the widest part of the waistband. This will give you your 'waist relax' measurement. You can then refer to the 'waist relax' column in the size chart above along with the 'waist stretch' and 'front rise' to find your size. *NB: This is just intended as guide and does not guarantee the best fit.*

