



CRADLE GEAR™

SIZING CHART

CRADLE GEAR MMA STYLE SHORTS SIZE CHART **All measurements are in inches.*

APPAREL SIZE:	YM	YL	S	M	L	XL	2X	OMG
WAIST:	21-22"	23-25"	26-27"	28-30"	31-33"	34-36"	37-39"	40"+
HEIGHT:	14"	15"	16"	17"	18"	19"	20"	21"
SLIT:	3.5"	3.5"	4"	4"	4"	4"	4"	4"

**Please note \$5 upcharge for sizes 2X & OMG*

CRADLE GEAR WRESTLING SINGLET SIZE CHART **All measurements are in inches.*

APPAREL SIZE:	YS	YM	YL	YXL	S	M	L	XL	2X
WEIGHT (lbs.):	up to 35	35-55	55-75	75-95	95-120	120-160	161-200	201-250	250 +

**Please note \$5 upcharge for size 2X*

CRADLE GEAR MENS/UNISEX SIZE CHART **All measurements are in inches.*

APPAREL SIZE:	S	M	L	XL	2X	3X
CHEST:	34-36	38-40	42-44	46-48	48-50	50-52
WAIST:	30-32	32-33	33-34	36-38	40-42	44-48

**Unisex sizes are for hoodies, warm-up pants & jackets and performance apparel.*

**Please note \$5 upcharge for sizes 2X & 3X*

CRADLE GEAR WOMENS SIZE CHART **All measurements are in inches.*

APPAREL SIZE:	XS	S	M	L	XL	2X	3X
SIZE:	0-2	4-6	8-10	12-14	16	18	20+
BUST:	31-33	33.5-35.5	36-38	38.5-40.5	41-43	44-46	47+
WAIST:	23-25	25.5-27.5	28-30	30.5-32.5	33-35	36-38	39+

**Please note \$5 upcharge for sizes 2X & 3X*

CRADLE GEAR YOUTH SIZE CHART **All measurements are in inches.*

APPAREL SIZE:	YS	YM	YL
SIZE:	8	10-12	14-16
CHEST:	26-28	28-30	30-32
WAIST:	23-24	25-26	26-27
HEIGHT:	50-54	54-59	59-63

*The above measurements are just estimated guidelines and are not exact.
If a size is in question we suggest sizing up.*