



2025 TO FIT GUIDE

all measurements are in cm unless otherwise stated

MEN'S/UNISEX GARMENTS	XXS	XS	S	M	L	XL	XXL	3XL
EUROPEAN CHEST SIZE	42-44	44-46	46-48	48-50	52	54-56	58	60-62
EUROPEAN WAIST SIZE	38	40	42	44	46	48	50	52
CHEST - INCHES	32-34	34-36	36-38	38-40	42	44-46	48	50-52
CHEST - CMS	81-86	86-91	91-96	96-101	107	112-117	122	127-132
WAIST - INCHES	28	30	32	34	36	38	40	42
WAIST - CMS	71	76	81	86	91	96	101	107

LADIES' GARMENTS	XXS	XS	S	M	L	XL	XXL	3XL
UK SIZE	6	8	10	12	14	16	18	20
EUROPEAN SIZE	34	36	38	40	42	44	46	48
CHEST - INCHES	28-30	30-32	32-34	34-36	36-38	38-40	40-42	42-44
CHEST - CMS	71-76	76-81	81-86	86-91	91-96	96-101	101-107	107-113
WAIST - INCHES	24	26	28	30	32	34	36	38
WAIST - CMS	61	66	71	76	81	86	91	96

LADIES' GARMENTS	XXS/XS	XS/S	S/M	M/L	L/XL	XL/2XL	2XL/3XL
UK SIZE	6/8	8/10	10/12	12/14	14/16	16/18	18/20
EUROPEAN SIZE	34/36	36/38	38/40	40/42	42/44	44/46	46/48
CHEST - INCHES	28-32	30/34	32-36	34/38	36-40	38/42	40-44
CHEST - CMS	71-81	76-86	81-91	86-96	91-101	96-107	101-111
WAIST - INCHES	24-26	26-28	28-30	30-32	32-34	34-36	36-38
WAIST - CMS	61-66	66-71	71-76	76-81	81-86	86-91	91-96

Please note that height is a better indication of fit than age

KIDS GARMENTS - AGE		5/6	7/8	9/10	11/13
HEIGHT - CMS		116	128	140	158
CHEST - TO FIT INCHES		24-26	26-28	28-30	30-32
CHEST - TO FIT CMS		60-66	66-71	71-76	76-81
WAIST - TO FIT		22	23	24	26
WAIST - TO FIT CMS		56	58	61	64

IT IS ADVISABLE TO USE ACTUAL BODY MEASUREMENTS RATHER THAN MEASURING OVER CLOTHES.



2025 SIZE SPEC SUMMARIES

all measurements are in cm unless otherwise stated

TL047	Cuffed Training Pants		XS	S	M	L	XL	XXL			TOLS +/-
	WAIST RELAXED		34.00	37.00	40.00	42.50	45.00	47.50			1.50
	INSIDE LEG		75.00	77.00	79.00	81.00	82.00	83.00			2.00
	HEM WIDTH elastic relaxed		13.50	14.00	14.50	15.00	15.50	16.00			1.00

TL080	Men's Lined Sports Shorts			S	M	L	XL	XXL			TOLS +/-
	WAIST RELAXED			33.00	35.50	38.00	40.50	43.00			1.50
	WAIST EXTENDED			50.00	53.00	55.00	57.50	60.00			1.50
	INSIDE LEG			10.00	10.00	10.00	10.00	10.00			1.00

TL80F	Ladies' Flat Fronted Shorts			S/10	M/12	L/14	XL/16				TOLS +/-
	WAIST RELAXED			36.00	38.50	41.00	43.50				1.50
	WAIST EXTENDED			50.00	52.00	54.00	56.00				1.50
	INSIDE LEG			16.50	16.50	16.50	16.50				1.00

TL300	Ladies' Seamless Fade Out Leggings			XXS/XS	S/M	L/XL					TOLS +/-
	WAIST			30.00	32.00	34.00					1.50
	HIP			33.50	36.00	38.50					1.50
	INSEAM			60.00	61.00	62.00					1.50

TL301	Ladies' Seamless Short			XXS/XS	S/M	L/XL					TOLS +/-
	WAIST			30.00	32.00	34.00					1.50
	HIP			33.50	36.00	38.50					1.50
	INSEAM			7.00	8.00	9.00					1.50

TL309	Kid's Seamless Short			5/6	7/8	9/10	11/13				TOLS +/-
	WAIST			25.00	27.00	29.00	31.00				1.50
	HIP			28.00	30.00	32.00	34.00				1.50
	INSEAM			9.00	10.00	10.00	10.00				1.00

TL330	Ladies' Seamless Unitard				XS/S	M/L	L/XL				TOLS +/-
	CHEST				35.00	37.00	39.00				1.50
	HIP				39.00	41.00	43.00				1.50
	INSEAM				69.00	69.00	69.00				2.00

TL331	Ladies' Sculpting Legging				XS/S	M/L	L/XL				TOLS +/-
	WAIST				30.00	32.00	34.00				1.50
	HIP				36.00	38.00	40.00				1.50
	INSEAM				64.00	65.00	65.00				2.00

TL332	Ladies' Cropped Tank				XS/S	M/L	L/XL				TOLS +/-
	CHEST				35.50	38.00	40.50				1.50
	LENGTH				33.00	37.00	39.00				1.50

TL370	Ladies' Core Pocket Leggings				XXS/XS	S/M	L/XL	2XL/3XL			
	WAIST RELAXED				25.50	27.50	29.50	31.50			
	INSIDE LEG				69.00	69.00	69.00	69.00			

T371	Ladies' Medium Impact Core Bra	XXS	XS	S	M	L	XL	2XL			TOLS +/-
	CHEST	31.00	33.50	36.00	38.50	41.00	43.50	46.00			1.50
	LENGTH	22.00	23.00	24.00	25.00	26.00	27.00	28.00			1.50

TL372	Ladies' Core Pocket Shorts				XXS/XS	S/M	L/XL	2XL/3XL			TOLS +/-
	WAIST RELAXED				24.50	26.50	28.50	30.50			1.50
	INSIDE LEG				5.00	6.00	7.00	8.00			1.50

TL470	Adults' Piped Track Bottoms				S	M	L	XL	XXL	3XL	TOLS +/-
	WAIST RELAXED				37.00	40.00	42.50	45.00	47.50	50.00	1.50
	REG INSIDE LEG				77.00	79.00	81.00	82.00	83.00	83.00	2.00
	LONG INSIDE LEG				82.00	84.00	86.00	88.00	88.00	88.00	2.00

TL504	Men's Muscle Vest				XS	S	M	L	XL	XXL	TOLS +/-
	CHEST				44.00	46.50	49.00	51.50	54.00	56.50	1.50
	LENGTH				71.00	72.00	73.00	74.00	75.00	76.00	2.00

TL507	Ladies' Open Back Vest		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		40.00	43.00	46.00	49.00	52.00	55.00			1.50
	LENGTH		64.00	66.00	68.00	70.00	72.00	74.00			2.00

TL515	Men's Slim Fit T-shirt		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		38.00	41.00	44.00	47.00	50.00	53.00			1.50
	BODY LENGTH FROM HPS		65.00	67.00	69.00	71.00	73.00	75.00			2.00
	SLEEVE LENGTH		30.00	30.50	31.00	31.50	32.00	32.50			1.50

TL526	Ladies' Over T		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		49.00	52.00	55.00	58.00	61.00	64.00			1.50
	LENGTH		55.00	57.00	59.00	61.00	63.00	65.00			2.00
	SLEEVE LENGTH		29.00	30.50	32.00	33.50	35.00	36.50			1.50

TL527	Ladies' Scoop Neck Top		XS	S	M	L	XL	XXL	XXXL		TOLS +/-
	CHEST		47.00	50.00	53.00	56.00	59.00	62.00	65.00		1.50
	FRONT LENGTH		65.00	67.00	69.00	71.00	73.00	75.00	77.00		2.00
	SLEEVE LENGTH		8.00	9.00	10.00	11.00	12.00	13.00	14.00		1.50

TL545	Recycled Performance T		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		48.00	51.00	54.00	57.00	60.00	63.00			1.50
	LENGTH		70.00	72.00	74.00	76.00	78.00	80.00			2.00
	SLEEVE LENGTH		18.00	19.00	20.00	21.00	22.00	23.00			1.00

TL560	Hi-Viz Jacket		XXS	XS	S	M	L	XL	XXL		TOLS +/-
	CHEST	47.00	50.00	53.00	56.00	59.00	62.00	65.00			1.50
	LENGTH	65.00	67.00	69.00	71.00	73.00	75.00	77.00			2.00
	SLEEVE LENGTH	73.00	75.00	77.00	79.00	81.00	83.00	85.00			2.00

TL562	Men's Long Sleeved 1/4 Zip Top		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		46.00	49.00	52.00	55.00	58.00	61.00			2.00
	LENGTH		63.00	65.00	67.00	69.00	71.00	73.00			2.00
	SLEEVE LENGTH		76.50	78.50	80.50	82.50	84.50	86.50			2.00

TL563	Ladies' Long Sleeved 1/4 Zip Top		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		40.00	43.00	46.00	49.00	52.00	55.00			1.50
	LENGTH		62.00	63.00	64.00	65.00	66.00	67.00			2.00
	SLEEVE LENGTH		72.00	74.00	76.00	78.00	79.00	80.00			2.00

TL580	Men's Slim Leg Training Pants		XS	S	M	L	XL	XXL			TOLS +/-
	WAIST		34.00	36.50	39.00	41.50	44.00	46.50			1.50
	HIP		51.00	53.50	55.00	57.50	60.00	62.50			1.50
	INSEAM		77.00	77.00	77.00	78.00	78.00	78.00			2.00

TL581	Ladies Slim Leg Training Pants		XS	S	M	L	XL				TOLS +/-
	WAIST		33.00	35.50	38.00	40.50	43.00				1.50
	HIP		49.00	51.00	53.00	55.00	57.00				1.50
	INSEAM		77.00	77.00	78.00	78.00	78.00				2.00

TL582	Kid's Slim Leg Training Pants		5/6	7/8	9/10	11/13					TOLS +/-
	WAIST		25.00	28.00	31.00	35.50					1.50
	HIP		34.00	36.00	38.00	41.00					1.50
	INSEAM		47.00	53.00	59.00	68.00					2.00

TL583	Men's Technical Trouser			S	M	L	XL	2XL	3XL		TOLS +/-
	WAIST			36.00	38.00	40.00	42.00	44.00	46.00		1.50
	HIP			53.00	55.00	57.00	59.00	61.00	63.00		1.50
	INSEAM			76.00	77.00	77.00	77.00	78.00	78.00		2.00

TL600	Combat Shorts		XS	S	M	L	XL	XXL			TOLS +/-
	1/2 WAIST RELAXED		29.00	31.50	34.00	36.50	39.00	41.50			1.50
	INSEAM		22.00	23.00	24.00	25.00	26.00	27.00			1.50
	HIP		52.00	54.00	57.00	59.00	62.00	65.00			1.50

TL615	Men's Double Layer Sports Short			S	M	L	XL	XXL	3XL		TOLS +/-
	1/2 WAIST RELAXED			37.00	39.00	41.00	43.00	45.00	47.00		1.50
	INSEAM (outer)			13.00	14.00	15.00	16.00	17.00	18.00		1.50
	INSEAM (under short)			12.00	13.00	14.00	15.00	16.00	17.00		1.00
	HIP			53.00	55.00	57.00	59.00	61.00	63.00		1.00

TL616	Ladies' Double Layer Sports Short		XS	S	M	L	XL	XXL			TOLS +/-
	1/2 WAIST RELAXED		30.00	32.00	34.00	36.00	38.00	40.00			1.50
	INSEAM (outer)		20.00	20.00	20.00	20.00	20.00	20.00			1.50
	INSEAM (under short)		12.00	12.00	13.00	13.00	14.00	14.00			1.00
	HIP		48.00	50.00	52.00	54.00	56.00	58.00			1.00

TL672	Ladies' Panelled Leggings		XS	S	M	L	XL				TOLS +/-
	WAIST RELAXED		30.50	32.50	34.50	36.50	38.50				1.50
	INSIDE LEG		70.00	70.00	70.00	70.00	70.00				2.00

TL673	Kids' Panelled Leggings			5/6	7/8	9/10	11/13				TOLS +/-
	WAIST RELAXED			25.50	27.50	30.50	33.50				1.50
	INSIDE LEG			46.50	52.00	57.50	63.00				2.00
TL690	Running Headband		ONE								TOLS +/-
	WIDTH		26.00								1.50
	HEIGHT FRONT		7.00								1.00
	HEIGHT BACK		5.00								1.00
TL696	Ladies' Seamless Crop Top		XS	S	M	L					TOLS +/-
	CHEST		29.00	31.50	34.00	36.50					1.50
	LENGTH		29.00	30.00	32.00	34.00					1.50
TL697	Kids' Seamless Cropped Top			5/6	7/8	9/10	11/13				TOLS +/-
	CHEST			25.00	27.00	29.00	31.00				1.50
	LENGTH			25.00	27.00	29.00	31.00				1.50
TL710	Unisex Athleisure Hoodie		XS	S	M	L	XL	XXL			TOLS +/-
	CHEST		49.00	52.00	55.00	58.00	61.00	64.00			1.50
	LENGTH		66.00	68.00	70.00	72.00	74.00	76.00			2.00
	SLEEVE LENGTH		74.00	76.00	78.00	80.00	82.00	84.00			2.00
TL720	Unisex Athleisure Joggers		XS	S	M	L	XL	XXL			TOLS +/-
	WAIST		35.00	37.50	40.00	42.50	45.00	47.50			1.50
	HIP		50.00	52.50	55.00	57.50	60.00	62.50			1.50
	INSEAM										2.00
TL800	Adults' Track Shorts			S	M	L	XL	XXL	3XL		TOLS +/-
	WAIST RELAXED			33.00	35.50	38.00	40.50	43.00	45.50		1.50
	WAIST EXTENDED			50.00	52.50	55.00	57.50	60.00	63.00		1.50
	INSIDE LEG (inches)			10.00	10.00	10.00	10.00	10.00	10.00		1.00
	HIP			54.00	56.50	59.00	61.50	64.00	66.50		1.50
TL809	Kids' Track Shorts			5/6	7/8	9/10	11/13				TOLS +/-
	WAIST			23.00	26.00	29.00	31.00				1.50
	INSIDE LEG (inches)			8.00	8.00	9.00	9.00				1.00
	HIP			40.00	43.00	46.00	49.00				1.50