

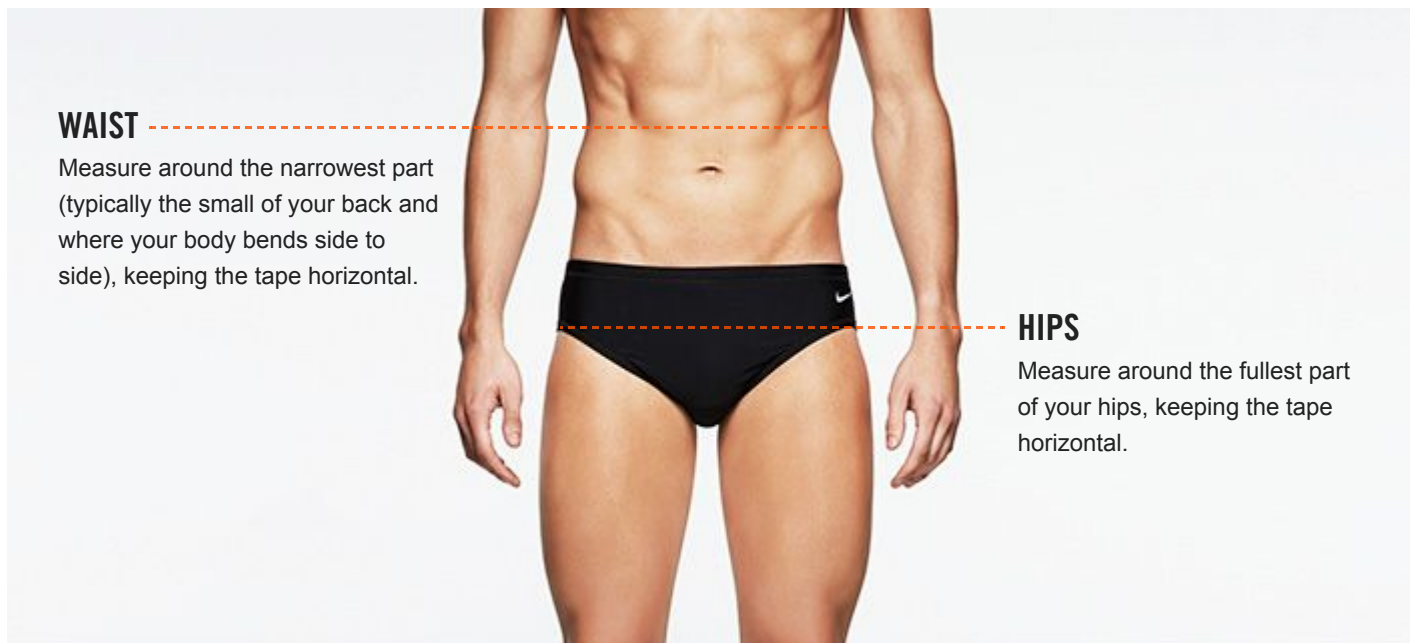
# NIKE SIZE CHARTS

MEN'S | WOMEN'S | KIDS' | ACCESSORIES

## MEN'S PERFORMANCE SWIMWEAR

 [Contact Us](#)

### STEP 1: MEASURE YOURSELF



#### WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

#### HIPS

Measure around the fullest part of your hips, keeping the tape horizontal.

### STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If one of your measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

### SIZE CHART

INCHES

CM

SIZE	WAIST (in.)	HIPS (in.)
20	21–23	25–27

22	23–25	27–29
24	25–27	32–34
26	27–29	34–36
28	29–31	36–38
30	31–33	38–40
32	33–35	40–42
34	35–37	42–44
36	37–39	44–46
38	39–41	46–48
40	41–43	48–50

---

## FREE RETURNS

Still not sure what size to order? No problem. Returns are always hassle-free.

- Free processing on all returns
- Receive free standard shipping on orders and returns with Nike+
- Returns accepted for any reason (within 30 days of delivery date)
- [Learn more](#)