

APPAREL SIZING CHARTS

LA SPORTIVA MOUNTAIN RUNNING® – CLIMBING – CLIMBING TRAINING – X-CURSION SIZING

MAN SIZING CHART (cm)

EU	XS/44	S/46	M/48	L/50	XL/52	XXL/54
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	167-170	171-174	175-178	179-182	183-185	186-189
CHEST	88-91	92-96	97-101	102-106	107-111	112-116
WAIST	76-79	80-83	84-87	88-91	92-95	96-99
HIP	91-94	95-98	99-102	103-106	107-110	111-114
LEG LENGTH (outer side length until hip bone)	101-102	103-104	105-106	107-108	109-110	111-112

WOMAN SIZING CHART (cm)

EU	38/32	40/34	42/36	44/38	46/40	48/42
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	157-160	161-164	165-168	169-172	173-176	177-180
CHEST	81-84	85-88	89-92	93-96	97-100	101-104
WAIST	59-62	63-66	67-70	71-74	75-78	79-82
HIP	88-91	92-95	96-99	100-103	104-107	108-111
LEG LENGTH (outer side length until hip bone)	92-94	95-97	98-100	101-103	104-106	107-109

LA SPORTIVA RACE SIZING

MAN SIZING CHART (cm)

EU	XS/44	S/46	M/48	L/50	XL/52	XXL/54
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	167-170	171-174	175-178	179-182	183-185	186-189
CHEST	88-91	92-96	97-101	102-106	107-111	112-116
WAIST	76-79	80-83	84-87	88-91	92-95	96-99
HIP	91-94	95-98	99-102	103-106	107-110	111-114
LEG LENGTH (outer side length until hip bone)	101-102	103-104	105-106	107-108	109-110	111-112

WOMAN SIZING CHART (cm)

EU	38/32	40/34	42/36	44/38	46/40	48/42
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	157-160	161-164	165-168	169-172	173-176	177-180
CHEST	79-82	83-86	87-90	91-94	95-98	99-102
WAIST	56-59	60-63	64-67	68-71	72-75	76-79
HIP	87-90	91-94	95-98	99-102	103-106	107-110
LEG LENGTH (outer side length until hip bone)	92-94	95-97	98-100	101-103	104-106	107-109

LA SPORTIVA CLIMBING PRO SIZING

MAN SIZING CHART (cm)

EU	XS/44	S/46	M/48	L/50	XL/52	XXL/54
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	169-172	173-176	177-180	181-184	185-187	188-191
CHEST	90-93	94-97	98-101	102-105	106-109	110-113
WAIST	76-78	79-81	82-84	85-87	88-90	91-93
HIP	92-94	95-97	98-100	101-103	104-106	107-109
LEG LENGTH (outer side length until hip bone)	102-103	104-105	106-107	108-109	110-111	112-113

WOMAN SIZING CHART (cm)

EU	38/32	40/34	42/36	44/38	46/40	48/42
USA	XXS	XS	S	M	L	XL
TOTAL HEIGHT	158-161	162-165	166-169	170-173	174-177	178-181
CHEST	79-82	83-86	87-90	91-94	95-98	99-102
WAIST	56-59	60-63	64-67	68-71	72-75	76-79
HIP	87-90	91-94	95-98	99-102	103-106	107-110
LEG LENGTH (outer side length until hip bone)	93-95	96-98	99-101	102-104	105-107	108-110

LA SPORTIVA KIDS SIZING

KIDS SIZING CHART (cm)

EU	110 cm / 4 years	120 cm / 6 years	130 cm / 8 years	140 cm / 10 years	150 cm / 12 years
USA	XXS [4 y]	XS [6 y]	S [8 y]	M [10 y]	L [12 y]
TOTAL HEIGHT	100-110	110-120	120-130	130-140	140-150
CHEST	57-60	61-64	65-68	69-72	73-76
WAIST	53-55	56-58	59-61	62-64	65-67
HIP	59-62	63-66	67-70	71-74	75-78
LEG LENGTH (outer side length until hip bone)	63-68	69-74	75-80	81-86	87-92