# happystride size guide

## Unisex classic shorts

| Size | Waist size (inches) | Women's sizing | Length (inches) |
|---|---|---|---|
| X-small | 28 | UK 6-8 | 15.5 |
| Small | 30 | UK 10 | 15.5 |
| Medium | 32 | UK 12 | 16 |
| Large | 34 | UK 14 | 17 |
| X-large | 36 | UK 16-18 | 17.5 |
| XXL | 38 | UK 20-22 | 17.7 |
| XXXL | 42 | UK 24-26 | 18 |

## Unisex fitted shorts

| Size | Women's sizing | Waist size (Inches) | Length (Inches) | Inner leg (Inches) |
|---|---|---|---|---|
| X-small | UK 6-8 | 28 | 17 | 6.5 |
| Small | UK 10 | 28-30 | 17.5 | 7 |
| Medium | UK 12 | 30-32 | 18 | 7 |
| Large | UK 14 | 32-34 | 18.5 | 7 |
| X-large | UK 16-18 | 34-36 | 19 | 7.5 |
| XXL | UK 20-22 | 38 | 19.5 | 7.5 |
| XXXL | UK 24-26 | 42 | 20 | 8 |

## Unisex racer shorts

| Size | Waist size (inches) | Women's sizing | Length (inches) | Inseam (inches) |
|---|---|---|---|---|
| X-small | 28 | UK 6-8 | 10 | 3 |
| Small | 30 | UK 10 | 11 | 3 |
| Medium | 32 | UK 12 | 11.5 | 3 |
| Large | 34 | UK 14 | 12 | 3 |

## Unisex fitness shorts

| Size | Waist size (inches) | Women's sizing | Side length (inches) |
|---|---|---|---|
| X-small | 28 | UK 6-8 | 12.4 |
| Small | 30 | UK 10 | 12.8 |
| Medium | 32 | UK 12 | 13.2 |
| Large | 34 | UK 14 | 13.6 |
| X-large | 36 | UK 16-18 | 14 |
| XXL | 38 | UK 20-22 | 14.4 |
| XXXL | 42 | UK 24-26 | 15.1 |

## Unisex leggings

| Size | Women's sizing | Waist size (Inches) | Length (cm) | Inner leg (cm) |
|---|---|---|---|---|
| X-small | UK 6-8 | 28 | 90 | 60 |
| Small | UK 10 | 28-30 | 90 | 62 |
| Medium | UK 12 | 30-32 | 91 | 63 |
| Large | UK 14 | 32-34 | 93 | 63 |
| X-large | UK 16-18 | 34-36 | 95 | 64 |
| XXL | UK 20-22 | 38 | 97 | 66 |

## Women’s half-zip tops

| Size | Women's sizing | Chest size (inches) | Length (cm) |
|---|---|---|---|
| X-small | UK 6-8 | 30.5-32.5 | 64 |
| Small | UK 10 | 33-34.5 | 66 |
| Medium | UK 12 | 35-36.5 | 68 |
| Large | UK 14 | 38-40 | 70 |
| X-large | UK 16-18 | 41-43 | 72 |
| XXL | UK 20-22 | 44-46 | 74 |

## Unisex long sleeve tops

| Size | Women's sizing | Chest size (inches) | Length (inches) |
|---|---|---|---|
| X-small | UK 6-8 | 32-34 | 26.5 |
| Small | UK 10 | 34-37 | 27.25 |
| Medium | UK 12 | 38-40 | 28 |
| Large | UK 14 | 41-44 | 28.75 |
| X-large | UK 16-18 | 45-48 | 29.5 |
| XXL | UK 20-22 | 49-52 | 30.5 |

## Women’s luxe crop top

| Size | Chest size |
|---|---|
| X-small | 28 - 30 |
| Small | 32 |
| Medium | 34 |
| Large | 36-38 |
| X-large | 40 |
| XXL | 42-44 |

## Unisex t-shirt

| Men's size | Women's sizing | Chest size (inches) | Length (inches) |
|---|---|---|---|
| X-small | UK 6-8 | 32-34 | 26.5 |
| Small | UK 10 | 34-37 | 27.25 |
| Medium | UK 12 | 38-40 | 28 |
| Large | UK 14 | 41-44 | 28.75 |
| X-large | UK 16-18 | 45-48 | 29.5 |
| XXL | UK 20-22 | 49-52 | 30 |
| XXXL | UK 24-26 | 53-56 | 31 |

## Women’s t-shirt

### Size guide

| Size | Women's sizing | Length (cm) |
|---|---|---|
| X-small | UK 6-8 | 64 |
| Small | UK 10 | 66 |
| Medium | UK 12 | 68 |
| Large | UK 14 | 70 |
| X-large | UK 16-18 | 72 |
| XXL | UK 20-22 | 74 |

## Endurance shorts

### Size guide

| Size | Waist size (inches) | Women's sizing | Length (inches) |
|---|---|---|---|
| XXS | 26 | UK 4-6 | 15.5 |
| X-small | 28 | UK 6-8 | 16.5 |
| Small | 30 | UK 10 | 16.5 |
| Medium | 32 | UK 12 | 17 |
| Large | 34 | UK 14 | 18 |
| X-large | 36 | UK 16-18 | 18.5 |
| XXL | 38 | UK 20-22 | 18.7 |
| XXXL | 42 | UK 24-26 | 19 |