

Li-Ning Size Guide T-Shirts/Tops

Li-Ning markets the clothes in Asia sizes. This also means that our clothes are marked with these sizes and on the item bar codes.

The best thing you can do to get the right size the first time is to take chest and waist measurements.

We have made it easier to work out your size below and all items on sale will show a possible UK Size and Asian size – but please check here.

Men (unit of measurement in cms)

Asia Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL
UK Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL
Chest	76-82	83-86	87-92	93-100	101-108	109-118	119-130	131-142	141-150
Waist	61-70	71-74	75-80	81-86	89-96	97-106	107-119	120-132	133-140

Women/Children (unit of measurement in cms)

Asia Size	XS	S	M	L	XL	XXL
UK Size	XXS	XS	S	M	L	XL
				Boys go to Men's Small		
Chest	65-72	73-76	77-82	83-88	89-94	95-101
Waist	50-56	57-60	61-66	67-72	73-78	79-85

Women, please go to Men's size guide after XXL

For choosing a dress,
you usually must go
down a size
compared to
choosing a t-shirt size

- Women are recommended to go to in the men's size guide, as the next step up from XXL Women.
- Boys are recommended to go in the men's size S as the next step from a Large Lady.

Unisex (unit of measurement in cms)

Asia Size	3XS	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL
UK Size	140	150	160	XS	S	M	L	XL	2XL	3XL	4XL
Chest	67-72	73-75	76-82	83-86	87-92	93-100	101-108	109-118	119-130	131-142	141-150
Waist	50-56	57-60	61-70	71-74	75-80	81-86	89-96	97-106	107-119	120-132	133-140