

MEN'S/BOYS

WRESTLING SIZING GUIDE

2025 SIZING CHART
CMPSW SPORTSWEAR



COMPOUND
SPORTSWEAR

PRO SERIES SINGLET

SIZE	1/2 CHEST (IN)	1/2 WAIST (IN)	1/2 HIPS (IN)	INSEAM (IN)	WEIGHT (LBS)	WEIGHT (KG)
YXXSMALL	10	9	10	4	35-40	16-18
YXSMALL	10	9	11	4	40-45	18-20
YSMALL	11	10	12	4	45-55	20-25
YMEDIUM	12	11	13	5	55-65	25-29
YLARGE	12	11	13	6	65-80	29-36
YXLARGE	13	12	15	8	80-95	36-43
XSMALL	13	12	15	8	95-110	43-49
SMALL	14	13	17	9	110-135	49-57
MEDIUM	15	14	18	9	135-165	57-68
LARGE	16	15	19	9	165-190	68-84
XLARGE	17	16	20	9	190-220	84-100
2XLARGE	18	17	21	10	220-265	100-120
3XLARGE	19	18	22	10	265-310	120-141

WEIGHTS ARE APPROXIMATIONS

PRODUCT DESCRIPTION:

Own the mat with the Compound Pro Series Singlet. Engineered for a flawless fit and performance for both men and women.

FABRIC & MATERIAL:

86% polyester and 14% spandex blend material

MSRP:

\$95.00



PRO SERIES FIGHT SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	12	5
YSMALL	12	6
YMEDIUM	13	6
YLARGE	14	7
XSMALL	13	5 or 7
SMALL	14	5 or 7
MEDIUM	15	5 or 7
LARGE	16	5 or 7
XLARGE	17	5 or 7
2XLARGE	18	5 or 7
3XLARGE	18	5 or 7

PRODUCT DESCRIPTION:

Gear up to dominate with our Pro Series Fight Shorts—designed for superior flexibility and toughness.

FABRIC & MATERIAL:

86% polyester and 14% spandex blend material

MSRP:

\$75.00



PERFORMANCE SHORT 5" INSEAM

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	10	4
YMEDIUM	11	4
YLARGE	12	4
XSMALL	13	5
SMALL	14	5
MEDIUM	15	5
LARGE	16	5
XLARGE	17	5
2XLARGE	17	5
3XLARGE	18	5

PRODUCT DESCRIPTION:

Compound Sportswear offers the Performance Short, an essential piece for athletes during practice, training, and competition. With its durable and breathable design, it's a must-have addition to any athlete's wardrobe.

FABRIC & MATERIAL:

100% polyester eyelet fabric

MSRP:

\$65.00



PERFORMANCE SHORT 7" INSEAM

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	10	6
YMEDIUM	11	6
YLARGE	12	6
XSMALL	13	7
SMALL	14	7
MEDIUM	15	7
LARGE	16	7
XLARGE	17	7
2XLARGE	17	7
3XLARGE	18	7

PRODUCT DESCRIPTION:

Compound Sportswear offers the Performance Short, an essential piece for athletes during practice, training, and competition. With its durable and breathable design, it's a must-have addition to any athlete's wardrobe.

FABRIC & MATERIAL:

100% polyester eyelet fabric

MSRP:

\$65.00



PERFORMANCE JOGGER

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	19
YSMALL	10	21
YMEDIUM	11	23
YLARGE	12	25
YXLARGE	12	28
XSMALL	13	30
SMALL	14	30
MEDIUM	15	30
LARGE	17	30
XLARGE	18	30
2XLARGE	20	30
3XLARGE	21	31

PRODUCT DESCRIPTION:

Get the ultimate mix of comfort and performance with the Pro Series Jogger—perfect for training or off-the-mat wear.

FABRIC & MATERIAL:

86% polyester and 14% spandex blend material

MSRP:
\$95.00



PRO SERIES QUARTER ZIP/FULL ZIP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	15	18	23
YS	16	19	25
YM	18	22	26
YL	18	24	28
YXL	19	25	29
XSM	21	26	30
SM	22	27	32
M	23	28	33
L	24	29	35
XL	25	30	36
2XL	27	31	37
3XL	29	32	39

PRODUCT DESCRIPTION:

Stay sharp and warm with the Pro Series 1/4 Zip—perfect for practice or warming up on match day.

FABRIC & MATERIAL:

86% polyester and 14% spandex blend material

MSRP:

\$95.00



PERFORMANCE LONG SLEEVE HOODED SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	15	20	27
YSMALL	16	21	28
YMEDIUM	17	23	30
YLARGE	18	24	31
XSMALL	19	25	33
SMALL	20	27	34
MEDIUM	21	28	35
LARGE	23	31	36
XLARGE	24	31	36
2XLARGE	25	32	37
3XLARGE	26	33	38

PRODUCT DESCRIPTION:

Train hard or relax in comfort with the Pro Series Hooded Shirt—lightweight and breathable for any activity.

FABRIC & MATERIAL:

92% polyester and 8% spandex blend material

MSRP:

\$90.00



PERFORMANCE LONG SLEEVE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	14	19	25
YS	16	21	27
YM	17	23	29
YL	18	25	31
X	19	27	34
S	20	28	34
M	22	29	35
L	23	30	36
XL	25	31	37
2XL	26	32	37
3XL	28	32	38

PRODUCT DESCRIPTION:

Elevate your style during practice or podium moments with Compound Sportswear's Performance Long Sleeve Tee. This top-notch tee is designed to make you look great while offering high-quality moisture-wicking fabric that ensures durability and complete customization options in your team's preferred colors and designs.

FABRIC & MATERIAL:

100% polyester eyelet fabric

MSRP:
\$75.00



PERFORMANCE SHORT SLEEVE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	14	19	12
YSMALL	16	21	13
YMEDIUM	17	23	14
YLARGE	18	25	15
XSMALL	19	27	16
SMALL	20	28	17
MEDIUM	22	29	17
LARGE	23	30	18
XLARGE	25	31	19
2XLARGE	26	32	19
3XLARGE	28	32	20

PRODUCT DESCRIPTION:

Level up your practice sessions and podium appearances with Compound Sportswear's Performance Short Sleeve Tee. Crafted with premium moisture-wicking fabric, this high-quality tee ensures durability and offers full customization options in your team's preferred colors and designs.

FABRIC & MATERIAL:

100% polyester eyelet fabric

MSRP:

\$70.00



PERFORMANCE FLEECE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YSMALL	17	21	23
YMEDIUM	19	23	24
YLARGE	20	25	26
XSMALL	21	27	30
SMALL	22	28	30
MEDIUM	24	29	31
LARGE	25	30	31
XLARGE	27	31	31
2XLARGE	29	32	32
3XLARGE	31	33	33
4XLARGE	32	34	33

PRODUCT DESCRIPTION:

Elevate your training with our Performance Fleece Hoodie—crafted for superior warmth and freedom of movement.

FABRIC & MATERIAL:

100% polyester knitted fabric

MSRP:

\$95.00



PERFORMANCE FLEECE CREW

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	16	20	23
YS	17	21	24
YM	18	22	25
YL	19	23	26
YXL	20	24	27
X	21	25	28
S	22	26	29
M	23	27	30
L	24	28	31
XL	25	29	32
2XL	26	30	33
3XL	27	31	33

PRODUCT DESCRIPTION:

Crafted from our specialized moisture-wicking fleece, the crew neck sweatshirt is engineered to be both durable and lightweight, ensuring exceptional comfort. It offers full customization options in any team color or design, allowing you to showcase your unique style.

FABRIC & MATERIAL:

100% polyester knitted fabric

MSRP:

\$90.00



UNISEX PACKABLE JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	17	21	23
YS	18	22	24
YM	19	23	26
YL	20	24	27
X	20	27	30
S	22	28	31
M	23	29	31
L	24	30	32
XL	25	31	34
2XL	26	32	35
3XL	28	33	36

PRODUCT DESCRIPTION:

Keep young athletes ready for action with the Pro Series Tech Lightweight Hooded Warm Up - Youth. Made from 100% polyester, this super lightweight hoodie is built for high-performance and comfort, making it perfect for warm-ups and everyday training.

FABRIC & MATERIAL:

100% polyester, super light weight, 2-way stretch

MSRP:

\$135.00



UNISEX WARMUP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	17	20	23
YS	18	21	24
YM	19	22	25
YL	20	23	27
X	21	24	27
S	22	26	29
M	23	29	32
L	24	29	33
XL	27	30	33
2XL	28	31	33
3XL	30	32	34

PRODUCT DESCRIPTION:

Experience the perfect blend of comfort and design with Compound Sportswear's Windbreaker. Available with or without a hood, this versatile jacket is suitable for all weather conditions. While commonly used as a warm-up garment, it also serves as a reliable companion to tackle outdoor conditions throughout the year.

FABRIC & MATERIAL:

100% polyester waterproof fabric

MSRP:

\$125.00



PERFORMANCE POLO

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YSMALL	16	21	14
YMEDIUM	17	23	15
YLARGE	18	25	16
XSMALL	19	27	16
SMALL	20	28	17
MEDIUM	22	29	19
LARGE	23	30	20
XLARGE	25	31	21
2XLARGE	26	32	22
3XLARGE	28	32	23

PRODUCT DESCRIPTION:

Compound Sportswear's Sublimated Polo is the epitome of classy style for coaches and athletes alike. Crafted with high-quality moisture-wicking fabric, this polo ensures you stay cool and dry throughout your activities.

Not only is it functional, but it's also fully customizable, allowing you to personalize it with your team's colors and design. Stand out from the crowd and make a statement at your next event with this exceptional sublimated polo.

FABRIC & MATERIAL:

100% polyester

MSRP:

\$75.00



COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	13	17	12
YS	13	18	13
YM	14	19	13
YL	14	20	14
YXL	15	21	15
XSM	16	25	16
SM	17	26	17
M	18	27	17
L	19	28	18
XL	20	29	18
2XL	21	30	19
3XL	22	31	19

PRODUCT DESCRIPTION:

Boost your performance with Compound Sportswear's Sleeveless Compression Shirt. Designed for practice and competition, this high-quality shirt supports your body and enhances your abilities. The compression fit provides a secure and comfortable feel, while the antimicrobial material keeps you fresh and odor-free. With its superior design, this shirt allows for unrestricted movement, ensuring you stay focused and in control.

FABRIC & MATERIAL:

87% polyester and 13% spandex blend material

MSRP:

\$70.00



LONG SLEEVE COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXS	13	17	22
YS	13	18	23
YM	14	19	25
YL	14	20	26
YXL	15	21	27
XSM	16	25	29
SM	17	26	30
M	18	27	31
L	19	28	31
XL	20	29	32
2XL	21	30	33
3XL	22	31	34

PRODUCT DESCRIPTION:

Compound Sportswear's Long Sleeve Compression Shirt is designed to optimize your performance during practice and competition at all levels. Crafted with high-quality antimicrobial fabric and a superior design, this shirt ensures maximum comfort and freedom of movement. Stay focused on your game with a shirt that supports you without getting in your way.

FABRIC & MATERIAL:

87% polyester and 13% spandex blend material

MSRP:

\$70.00



COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4
YMEDIUM	10	5
YLARGE	11	5
XSMALL	12	5
SMALL	12	6
MEDIUM	13	6
LARGE	14	7
XLARGE	15	7
2XLARGE	16	7
3XLARGE	17	8

PRODUCT DESCRIPTION:

Boost your performance to new heights with Compound Sportswear's Compression Shorts. Designed to support you during practice and competition, these high-quality shorts are crafted with antimicrobial material and a superior design to ensure peak performance. Enjoy unrestricted movement and rely on these shorts as your ultimate companion on your athletic journey.

FABRIC & MATERIAL:

87% polyester and 13% spandex blend material

MSRP:

\$70.00



LONG TIGHTS

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	20
YSMALL	9	21
YMEDIUM	10	23
YLARGE	11	24
XSMALL	11	25
SMALL	12	25
MEDIUM	13	26
LARGE	15	26
XLARGE	16	26
2XLARGE	18	26
3XLARGE	19	27

PRODUCT DESCRIPTION:

Indulge in the luxurious comfort of our buttery soft and lightweight fabric in our versatile Compression Shorts. Experience sweat-wicking and breathable properties combined with a four-way stretch, making them perfect for training, running, or simply whenever you desire unparalleled comfort.

FABRIC & MATERIAL:

73% polyester and 27% spandex blend

MSRP:
\$75.00



HOW TO MEASURE

CHEST:

Measure straight across 1" below the armhole; double the measurement for total circumference.

WAIST:

Measure straight across the waistband; double the measurement for total circumference.

HIPS:

Measure straight across the widest point of the hips; double the measurement for total circumference.

INSEAM:

Measure from the crotch seam down to the bottom hem.

BODY LENGTH (TOPS):

Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

SLEEVE LENGTH:

Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.

