

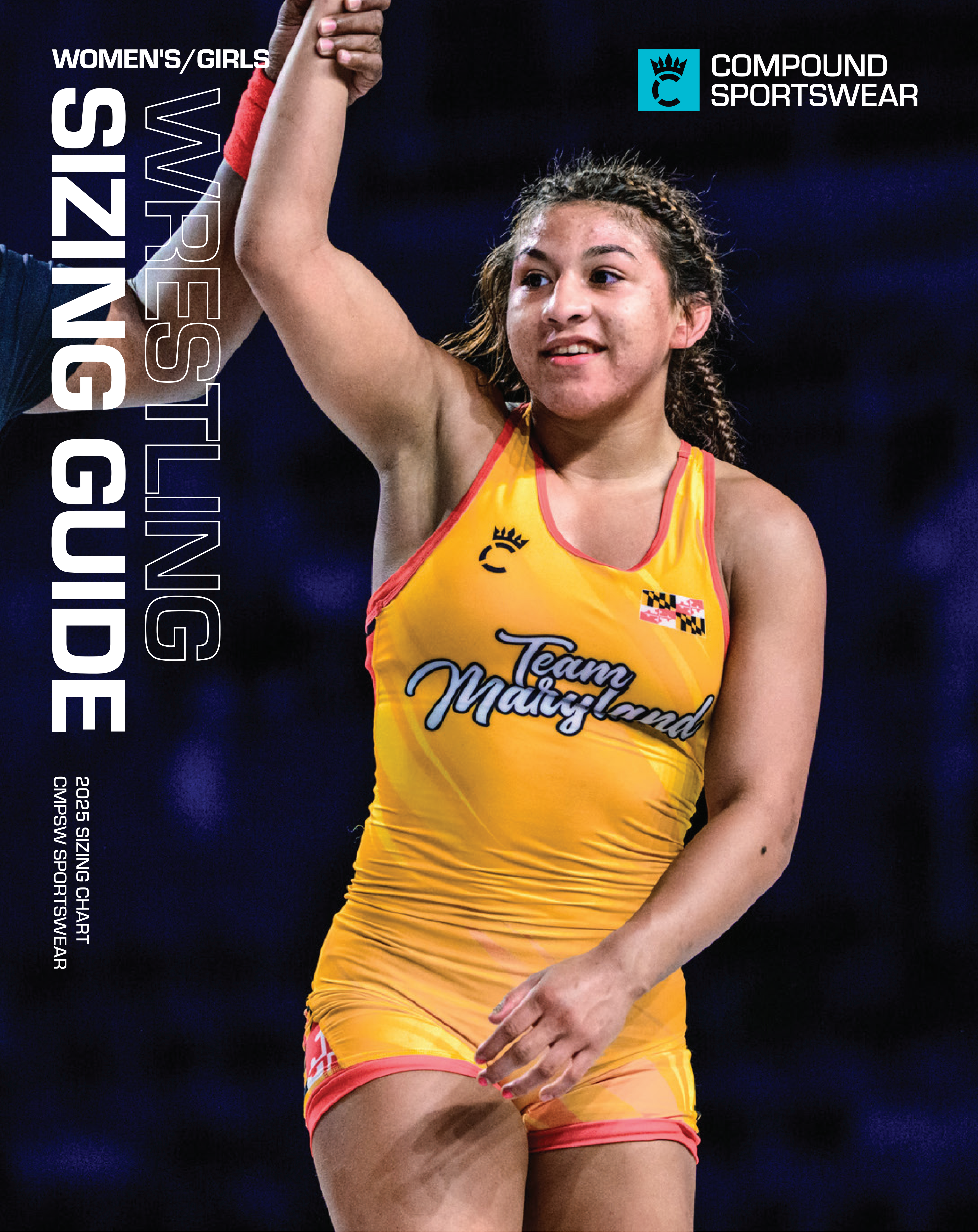
WOMEN'S/GIRLS



COMPOUND  
SPORTSWEAR

# VFREESTYLING SIZING GUIDE

2025 SIZING CHART  
CMPSW SPORTSWEAR





# WOMEN'S PRO SERIES SINGLET

SIZE	1/2 CHEST (IN)	1/2 WAIST (IN)	1/2 HIPS (IN)	INSEAM (IN)	WEIGHT (LBS)	WEIGHT (KG)
YXXSMALL	9	9	10	3	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	14	7	80-95	36-43
XSMALL	12	10	13	7	95-110	43-50
SMALL	13	11	14	7	110-120	50-54
MEDIUM	14	12	15	8	120-135	54-61
LARGE	15	13	16	8	135-150	61-68
XLARGE	16	14	18	8	150-165	68-75
2XLARGE	17	15	19	8	165-180	75-82
3XLARGE	18	16	20	9	180+	82+

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





# WOMEN'S PRO SERIES FIGHT SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	12	4.5
SMALL	13	4.5
MEDIUM	14	4.5
LARGE	15	4.5
XLARGE	16	4.5
2XLARGE	17	4.5
3XLARGE	18	4.5

**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



# WOMEN'S PERFORMANCE SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	11	4.5
SMALL	13	4.5
MEDIUM	14	4.5
LARGE	15	4.5
XLARGE	15	4.5
2XLARGE	15	4.5
3XLARGE	16	4.5

**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





# WOMEN'S PRO SERIES JOGGER

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	12	29
SMALL	13	30
MEDIUM	14	30
LARGE	15	30
XLARGE	17	30
2XLARGE	18	30
3XLARGE	20	30

**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



# WOMEN'S PRO SERIES QUARTER ZIP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	18	24	29
SMALL	19	25	31
MEDIUM	19	25	32
LARGE	20	26	33
XLARGE	22	27	35
2XLARGE	24	28	36
3XLARGE	26	29	38

**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





# WOMEN’S PERFORMANCE LONG SLEEVE HOODED SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	23	33
SMALL	17	25	34
MEDIUM	19	26	35
LARGE	20	29	36
XLARGE	21	29	36
2XLARGE	22	30	37
3XLARGE	23	31	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



# WOMEN'S LONG SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	25	30
SMALL	18	26	31
MEDIUM	20	26	32
LARGE	21	27	33
XLARGE	23	28	34
2XLARGE	24	28	34
3XLARGE	26	29	35

## 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





# WOMEN'S SHORT SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	26	14
SMALL	18	26	15
MEDIUM	20	27	15
LARGE	21	27	16
XLARGE	23	28	16
2XLARGE	24	28	17
3XLARGE	26	29	18

## 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





# WOMEN'S PERFORMANCE FLEECE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	17	24	28
SMALL	19	25	29
MEDIUM	20	25	29
LARGE	21	26	30
XLARGE	22	27	30
2XLARGE	23	28	31

**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)
YXSMALL	16	20	23
YSMALL	17	21	24
YMEDIUM	18	22	25
YLARGE	19	23	26
YXLARGE	20	24	27
XSMALL	21	25	28
SMALL	22	26	29
MEDIUM	23	27	30
LARGE	24	28	31
XLARGE	25	29	32
2XLARGE	26	30	33
3XLARGE	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)
YXSMALL	17	21	23
YSMALL	18	22	24
YMEDIUM	19	23	26
YLARGE	20	24	27
XSMALL	20	27	30
SMALL	22	28	31
MEDIUM	23	29	31
LARGE	24	30	32
XLARGE	25	31	34
2XLARGE	26	32	35
3XLARGE	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)
YXSMALL	17	20	23
YSMALL	18	21	24
YMEDIUM	19	22	25
YLARGE	20	23	27
XSMALL	21	24	27
SMALL	22	26	29
MEDIUM	23	29	32
LARGE	24	29	33
XLARGE	27	30	33
2XLARGE	28	31	33
3XLARGE	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





# WOMEN'S PERFORMANCE POLO

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	26	14
SMALL	18	26	15
MEDIUM	20	27	16
LARGE	21	27	17
XLARGE	23	28	17
2XLARGE	24	28	18
3XLARGE	26	29	19

**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





# WOMEN'S COMPRESSION TOP

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

**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





# WOMEN'S LONG SLEEVE COMPRESSION TOP

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

**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





# WOMEN'S COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4.5
YMEDIUM	10	4.5
YLARGE	10	4.5
XSMALL	11	4.5
SMALL	12	4.5
MEDIUM	13	4.5
LARGE	14	4.5
XLARGE	15	4.5
2XLARGE	16	4.5
3XLARGE	17	4.5

**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





# WOMEN’S HIGH WAISTED COMPRESSION SHORT

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

**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





# WOMEN'S HIGH WAISTED LEGGING

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YMEDIUM	9	27
YLARGE	10	28
XSMALL	11	28
SMALL	12	28
MEDIUM	13	28
LARGE	14	28
XLARGE	15	29
2XLARGE	16	29

**PRODUCT DESCRIPTION:**  
Elevate your performance during practice and competition at any level with Compound Sportswear's Compression Tights designed to optimize your athletic abilities, these high-quality leggings are crafted with antimicrobial material and a superior design that allows for unrestricted movement. Experience the perfect blend of functionality and comfort in your quest for peak performance.

**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.

