

Size Chart

Adult Ballet Shoes

MDM suggested sizing for:

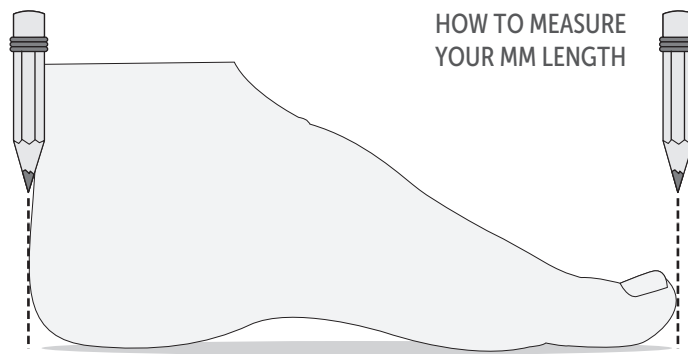
Intrinsic

Intrinsic Reflex

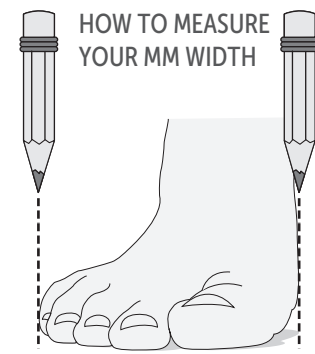
Elemental

Elemental Reflex

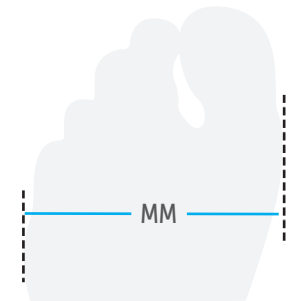
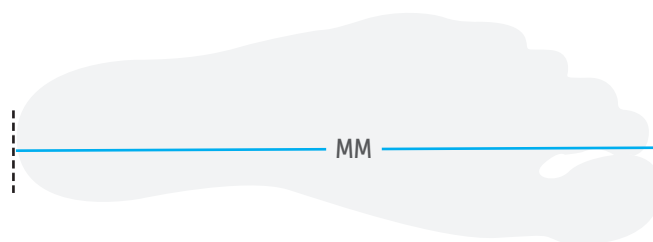
Elemental Reflex Performance



HOW TO MEASURE
YOUR MM LENGTH



HOW TO MEASURE
YOUR MM WIDTH



ADULT LENGTH

WIDTH

US STREET SHOE SIZE	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
MM	210	214	219	223	227	231	235	239	243	247	252	256	260	264	268	272	276	280	284	288	293
64mm	1.5NN CHILD	2NN CHILD	5NN	5.5NN	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
66mm	1.5NN CHILD	2NN CHILD	5NN	5.5NN	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
69mm	1.5NN CHILD	2NN CHILD	5NN	5.5NN	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
72mm	1.5NN CHILD	2NN CHILD	5NN	5.5NN	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
74mm	1.5NN CHILD	2NN CHILD	5NN	5.5NN	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
76mm	1.5N CHILD	2N CHILD	5N	5.5N	6NN	6.5NN	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
79mm	1.5N CHILD	2N CHILD	5N	5.5N	6N	6.5N	7NN	7.5NN	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
82mm	1.5N CHILD	2N CHILD	5N	5.5N	6N	6.5N	7N	7.5N	8NN	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
84mm	1.5M CHILD	2M CHILD	5M	5.5M	6N	6.5N	7N	7.5N	8N	8.5NN	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
86mm	1.5M CHILD	2M CHILD	5M	5.5M	6M	6.5M	7N	7.5N	8N	8.5N	9NN	9.5NN	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
89mm	1.5M CHILD	2M CHILD	5M	5.5M	6M	6.5M	7M	7.5M	8N	8.5N	9N	9.5N	10NN	10.5NN	11NN	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
91mm	1.5W CHILD	2W CHILD	5W	5.5M	6M	6.5M	7M	7.5M	8M	8.5N	9N	9.5N	10N	10.5N	11N	11.5NN	12NN	12.5NN	13NN	13.5NN	14NN
94mm	1.5W CHILD	2W CHILD	5W	5.5W	6M	6.5M	7M	7.5M	8M	8.5M	9N	9.5N	10N	10.5N	11N	11.5N	12N	12.5NN	13NN	13.5NN	14NN
96mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5M	8M	8.5M	9M	9.5M	10N	10.5N	11N	11.5N	12N	12.5N	13N	13.5NN	14NN
99mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5M	9M	9.5M	10M	10.5M	11M	11.5N	12N	12.5N	13N	13.5N	14N
101mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9M	9.5M	10M	10.5M	11M	11.5M	12M	12.5N	13N	13.5N	14N
104mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9W	9.5W	10M	10.5M	11M	11.5M	12M	12.5M	13M	13.5N	14N
106mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9W	9.5W	10W	10.5W	11W	11.5M	12M	12.5M	13M	13.5M	14M
109mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9W	9.5W	10W	10.5W	11W	11.5W	12W	12.5W	13W	13.5M	14M
112mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9W	9.5W	10W	10.5W	11W	11.5W	12W	12.5W	13W	13.5W	14W
114mm	1.5W CHILD	2W CHILD	5W	5.5W	6W	6.5W	7W	7.5W	8W	8.5W	9W	9.5W	10W	10.5W	11W	11.5W	12W	12.5W	13W	13.5W	14W