## choosing the right size

Measurements refer to body size, not garment dimensions, and are in inches unless otherwise noted. When choosing sizes, height and weight are most important. We provide age as a rough guideline.

## HOW TO MEASURE HEIGHT

Stand with feet slightly apart, without shoes, and back to the wall. Measure from the top of the head to the floor.


Stand with your feet together and measure around the fullest part of the hips, holding the tape measure horizontally.

## MEN'S SHORT SLEEVE JERSEY

| SIZE | S | M | L | XL | XXL |
| :---: | :---: | :---: | :---: | :---: | :---: |
| LENGTH | $28^{\prime \prime}-29^{\prime \prime}$ | $29^{\prime \prime}-30^{\prime \prime}$ | $30^{\prime \prime}-31^{\prime \prime}$ | $31^{\prime \prime}-32^{\prime \prime}$ | $32^{\prime \prime}-33^{\prime \prime}$ |
| CHEST | $19^{\prime \prime}-20^{\prime \prime}$ | $20^{1 / 2 "}-21^{1 / 2 "}$ | $22^{\prime \prime}-23^{\prime \prime}$ | $24^{\prime \prime}-25^{\prime \prime}$ | $26^{1 / 2 "}-27^{1 / 2 "}$ |

MEN'S LONG SLEEVE JERSEY

|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SIZE | S | M | L | XL | XXL |
| LENGTH | $28^{\prime \prime}-29^{\prime \prime}$ | $29^{\prime \prime}-30^{\prime \prime}$ | $30^{\prime \prime}-31^{\prime \prime}$ | $31^{\prime \prime}-32^{\prime \prime}$ | $32^{\prime \prime}-33^{\prime \prime}$ |
| CHEST | $19^{\prime \prime}-20^{\prime \prime}$ | $20^{1 / 2 "}-21^{1 / 2^{\prime \prime}}$ | $22^{\prime \prime}-23^{\prime \prime}$ | $24^{\prime \prime}-25^{\prime \prime}$ | $26^{1 / 2 "}-27^{1 / 22^{\prime \prime}}$ |

## between sizes

In cases where your body measurements are in between two sizes, we recommend you choose the smaller size for a tighter fit and the larger size if you prefer a looser fit.

## TOP FIT

If your body measurements for chest and waist result in two different suggested sizes, we recommend to order the size that matches to your chest measurement.

tape measure horizontally.
 tape measure horizontally.

WOMEN'S LONG SLEEVE JERSEY

|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| SIZE | XS | S | M | L | XL |
| LENGTH | $27^{1 / 2 "}-28^{1 / 2 "}$ | $28^{\prime \prime}-29^{\prime \prime}$ | $29^{\prime \prime}-30^{\prime \prime}$ | $30 "-31^{\prime \prime}$ | $31^{\prime \prime}-32 "$ |
| CHEST | $18^{\prime \prime}-19^{\prime \prime}$ | $19 "-20^{\prime \prime}$ | $20^{1 / 2 "}-21^{1 / 2 "}$ | $22^{\prime \prime}-23^{\prime \prime}$ | $24^{\prime \prime}-25^{\prime \prime}$ |

