

## G4 SHIRTS AND PANTS SIZE CHART:

### HOW TO FIND YOUR MEASUREMENTS

**Shirt (chest):** Measure the circumference around the fullest part of your chest, under your arms.

**Pant (natural waist):** Bend side to side and find the natural bend in your body. This is your natural waist. Measure circumference around this point.

**Pant (inseam):** Measure length from crotch to bottom of foot.

### Men's G4 Shirt

|       | X-Small |       | Small |       | Medium |        | Large |         | X-L   |         | XX-L  |         | XXX-L |         |
|-------|---------|-------|-------|-------|--------|--------|-------|---------|-------|---------|-------|---------|-------|---------|
|       | inch    | cm    | inch  | cm    | inch   | cm     | inch  | cm      | inch  | cm      | inch  | cm      | inch  | cm      |
| Chest | 30-34   | 77-87 | 34-38 | 87-97 | 38-42  | 97-107 | 42-46 | 107-117 | 46-50 | 117-127 | 50-54 | 127-137 | 54-58 | 137-147 |

|                     | Short |         | Regular |         | Long  |         | XLong |         |
|---------------------|-------|---------|---------|---------|-------|---------|-------|---------|
|                     | inch  | cm      | inch    | cm      | inch  | cm      | inch  | cm      |
| Roughly fits height | 64-68 | 163-173 | 68-72   | 173-183 | 72-76 | 183-193 | 76-80 | 193-203 |

### Men's G4 Pant

| Men's pant size | Natural waist measurement |         |
|-----------------|---------------------------|---------|
|                 | inch                      | cm      |
| 28              | 27-29                     | 69-74   |
| 30              | 29-31                     | 74-79   |
| 32              | 31-33                     | 79-84   |
| 34              | 33-35                     | 84-89   |
| 36              | 35-37                     | 89-94   |
| 38              | 37-39                     | 94-99   |
| 40              | 39-41                     | 99-104  |
| 42              | 41-43                     | 104-109 |
| 44              | 43-45                     | 109-114 |
| 46              | 45-47                     | 114-119 |

| Men's pant length       | Short |         | Regular |         | Long  |         | XLong |         |
|-------------------------|-------|---------|---------|---------|-------|---------|-------|---------|
|                         | inch  | cm      | inch    | cm      | inch  | cm      | inch  | cm      |
| Fits inseam measurement | 29-31 | 74-79   | 31-33   | 79-84   | 33-35 | 84-89   | 35-37 | 89-94   |
| Roughly fits height     | 64-68 | 163-173 | 68-72   | 173-183 | 72-76 | 183-193 | 76-80 | 193-203 |