

TRAINING SIZE CHART

Last Updated: November 2021

Classic Fit - Designed For Easy Unrestricted Movement

MEN

| SIZE | S | M | L | XL | 2XL | 3XL | 4XL |
|--------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| LENGTH | 29.5 - 30.5 | 30.5 - 31.5 | 31.5 - 32.5 | 32.5 - 33.5 | 33.5 - 34.5 | 34.5 - 35.5 | 35.5 - 36.5 |
| CHEST | 35 - 37.5 | 37.5 - 41 | 41 - 44 | 44 - 48.5 | 48.5 - 53.5 | 53.5 - 58 | 58 - 63 |

WOMEN

| SIZE | WXS | WS | WM | WL | WXL | W2XL | W3XL |
|-----------|-------------|--------------|------------|------------|--------------|-------------|-------------|
| U.S. SIZE | 0/2 | 4/6 | 8/10 | 12/14 | 16/18 | 20 | 22 |
| LENGTH | 25.5 - 26.5 | 26.5 - 27.25 | 27.25 - 28 | 28 - 28.75 | 28.75 - 29.5 | 29.5 - 30.5 | 30.5 - 31.5 |
| BUST | 29.5 - 32.5 | 32.5 - 35.5 | 35.5 - 38 | 38 - 41 | 41 - 44.5 | 44.5 - 48.5 | 52.8 - 56.5 |

YOUTH

| SIZE | YXS | YS | YM | YL | YXL |
|------------|--------------|------------|-----------|-----------|-------------|
| U.S SIZE | 6/7 | 7/8 | 10/12 | 14/16 | 18/20 |
| AGE (YRS.) | 6 - 7 | 8 - 9 | 10 - 11 | 12 - 13 | 14+ |
| HEIGHT | 47 - 51 | 51 - 55 | 55 - 59 | 59 - 63 | 63 - 67 |
| LENGTH | 20.25 - 21.5 | 21.75 - 23 | 23.5 - 25 | 24.6 - 27 | 25 - 29 |
| CHEST | 27 - 30 | 30 - 33 | 33.5 - 36 | 35 - 39.5 | 36.5 - 42.5 |



All sizes are in inches*

How To Measure

BUST: Measure around the fullest part of your bust, keeping the measuring tape horizontal.

If you cannot decide between two sizes, please choose the smaller size for a tighter fit or the larger size for a looser fit.