# SIZE CHART

How to measure your body for size



# FIND THE RIGHT FIT

#### BUST

Place tape measure up under arms and measure the fullest part of the chest, keeping tape parallel to the floor.

#### WAIST

Tape measure should be straight around waist where pant waistband normally sits.

#### HIP

Standing with heels together, with tape parallel to the floor, measure the fullest part.

# SLEEVE

With elbow bent, measure from the center of the back at the base of the neck, across the shoulder to the elbow and then down to the wrist.

# Ladies' Size

SIZE	NUMERIC SIZE	BUST	WAIST	HIP
X-Small	2	34	26	36.5
Small	4-6	35-36	27-28	37.5-38.5
Medium	8-10	37-38	29-30	39.5-40.5
Large	12-14	39.5-41	31.5-33	42-43.5
XL	16-19	42.5-44.5	34.5-36.5	45-47
2XL	20	46	38	48.5
3XL	22	47.5	39.5	50
4XL	24	49	41	51.5

# Women's Plus Size

SIZE	NUMERIC SIZE	BUST	WAIST	HIP
1X	14-16	45-47	39-41	46-48
2X	18-20	48-50	42-44	49-51
3X	22-24	51-53	45-47	52-54
4X	26-28	54-56	48-50	55-57
5X	30-32	57-59	51-53	58-60

These charts represent body measurements, not garment measurements.



### REGULAR FIT

- The standard used in most of our shirts
- A perfect combo of style and comfort
- Provides freedom to play and perform



RELAXED FIT

- Slightly bigger cut for comfort
- More room at the tummy
- Slightly longer sleeves

