



# SIZE CHARTS *in centimeters*

## BOY'S/MEN'S COMPETITION & WORKOUT *(Shirts, Shorts & Pants)*

Select the row of measurements that best represents your size. If all your measurements do not fall within the same row, use the row that represents your largest measurements. *Please Note: The torso measurement is the most important measurement followed by the chest and hip measurements; the least important is the waist.*

BOY'S/MEN'S COMPETITION & WORKOUT							
SIZES	CHEST	WAIST	HIP	TORSO	LONG TORSO*	SHORT TORSO*	INSEAM
CXS	58.4-63.5	53.5-55.9	58.4-63.5	94.0-106.7	99.1-111.8	88.9-101.6	45.7
CS	63.5-68.6	55.9-58.4	61.0-114.3	101.6-114.3	106.7-119.4	96.5-109.2	50.8
CM	66.0-71.1	58.4-61.0	63.5-71.1	109.2-121.9	114.3-127.0	104.1-116.8	55.9
CL	73.7-78.7	63.5-66.0	73.7-81.3	116.8-129.5	121.9-134.6	111.8-124.5	63.5
CXL	81.3-86.4	68.6-71.1	83.8-86.4	124.5-137.2	129.5-142.2	119.4-132.1	71.1
AXS	86.4-91.4	66.0-68.6	81.3-86.4	132.7-144.8	137.2-149.9	127.0-139.7	66.0
AS	91.4-96.5	71.1-73.7	86.4-88.9	139.7-152.4	144.8-157.5	134.6-147.3	71.1
AM	96.5-101.6	76.2-78.7	88.9-91.4	147.3-160.0	152.4-165.1	142.2-154.9	76.2
AL	101.6-106.7	81.3-83.8	91.4-94.0	155.0-167.6	160.0-172.7	149.9-162.6	81.3
AXL	106.7-111.8	86.4-88.9	94.0-99.1	162.6-175.3	167.6-180.3	157.5-170.2	86.4
A2XL	111.8-116.8	91.4-94.0	96.5-101.6	170.2-182.9	175.3-188.0	165.1-177.8	91.4
A3XL	116.8-121.9	96.5-99.1	99.1-104.1	177.8-190.5	182.9-195.6	172.7-185.4	96.5
A4XL	121.9-127.0	101.6-104.1	101.6-106.7	185.4-198.1	190.5-203.2	180.3-193.0	101.6

\* Long Torso and Short Torso are not available on in stock garments.

### HOW TO MEASURE

- Chest Measurement:** taken with a deep breath, arms held out at shoulder height.
- Waist Measurement:** taken at the natural waistline.
- Hip Measurement:** taken around the fullest part of the buttocks.
- Torso Measurement:** taken from the center of the shoulder, down the front, through the crotch, and up the back to the starting point.
- Inseam Measurement:** the length of the leg from the crotch to one inch above the floor; measure in stocking feet.

