

MEN'S PANT SIZES IN INCHES

EVEN WAIST SIZED BOTTOMS

Note: All measurements have been rounded to the nearest whole inch

BODY MEASUREMENT	28	30	32	34	36	38	40	42	44	46	48	50	52	54
WAIST	28	30	32	34	36	38	40	42	44	46	48	50	52	54
HIP	35	37	39	41	43	45	47	49	51	53	55	57	59	61
INSEAM	30	30	30	30	30	30	30	30	30	30	30	30	30	30
INSEAM	32	32	32	32	32	32	32	32	32	32	32	32	32	32
INSEAM	34	34	34	34	34	34	34	34	34	34	34	34	34	34
INSEAM	36	36	36	36	36	36	36	36	36	36	36	36	36	36

MEN'S ALPHA SIZED BOTTOMS

BODY MEASUREMENT	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	XXX-LARGE	XXXX-LARGE
WAIST	26 - 28	30 - 32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52
HIP	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60
INSEAM	31 1/2	32	32 1/2	33	33 1/2	34	34 1/2

Engineered-Fit™ Base Layer Garments Sizing

The Engineered-Fit™ series uses material technology that allows you to choose between a body-contoured Standard Fit and full Compression Fit simply by size selection. To achieve a Compression Fit, a true next-to-skin, no movement fit which eliminates potential friction related “hot spots” and helps to reduce muscle fatigue, simply select one size down from your normal size. To find your size, look up your measurement in the chart above. As demonstrated in the chart, if your chest measures from 42”-44” and you prefer a body-contoured Standard Fit, choose size Large. If you prefer a full Compression Fit, simply size down to a size Medium.

HOW TO MEASURE

**For Men:** As a general rule, the number of inches measured will equal your size when measured correctly. Measurements should be taken over brief-styled underwear only.

**Head** – Measure around head with tape above brow ridges.

**Neck** – Take a shirt that fits you well. Lay the collar flat and open; measure from center of button to far end of buttonhole. This length is your neck size.

**Chest** – With arms at your sides, measure around the fullest part of your chest and under your armpits, keeping tape parallel to the floor.

**Waist** – Measure your natural waist at the smallest point.

**Hip** – Measure around the fullest part of your hips/bottom, keeping tape level to the floor.

**Sleeve** – With arm bent at a 90-degree angle, place hand on hip. Start at cervical bone at the base of your neck and measure across the shoulder, to the elbow, then down to the wrist bone.

**Inseam** – Measure a similar-style pant that fits you well. Measure from the crotch seam to hem.

**How to Determine Your Best Size:** This chart is a “guide” based on body measurements. Since all body shapes differ, your individual body shape and measurements may not align exactly to any one size. Start by determining the longest/widest part of your body—represented in the garment you wish to purchase. If your body falls between two sizes, consider going up to the next size. However, if flex is built into the specific garment, you may not need to go up a size. Use your best judgment. **Note: We will not be held responsible for any ill-fitting garments determined by the use of this chart.**

A diagram of a male silhouette used for illustrating measurement points. The silhouette is light gray and stands against a dark background. Dashed lines indicate where to take measurements, with labels in yellow text: 'HEAD' at the top of the head, 'CHEST' across the chest, 'WAIST' at the natural waistline, 'HIP' across the widest part of the hips, and 'SLEEVE' along the arm from shoulder to wrist.

MEN'S TOP SIZES IN INCHES

BODY MEASUREMENT	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	XXX-LARGE
SHOULDERS	14 - 4 <sup>1</sup> / <sub>2</sub>	16 - 16 <sup>3</sup> / <sub>4</sub>	17 - 17 <sup>3</sup> / <sub>4</sub>	18 - 18 <sup>3</sup> / <sub>4</sub>	19 - 19 <sup>1</sup> / <sub>2</sub>	20 <sup>1</sup> / <sub>4</sub>	20 <sup>1</sup> / <sub>4</sub>
NECK	13 - 13 <sup>1</sup> / <sub>2</sub>	14 - 14 <sup>1</sup> / <sub>2</sub>	15 - 15 <sup>1</sup> / <sub>2</sub>	16 - 16 <sup>1</sup> / <sub>2</sub>	16 <sup>1</sup> / <sub>2</sub> - 17	17 - 17 <sup>1</sup> / <sub>2</sub>	17 <sup>1</sup> / <sub>2</sub> - 18
CHEST	31 - 32 <sup>1</sup> / <sub>2</sub>	36 - 38	39 - 41	42 - 44	46 - 48	50 - 52	54 - 56
SLEEVE	28 <sup>1</sup> / <sub>2</sub> - 29	32 <sup>1</sup> / <sub>2</sub> - 33 <sup>1</sup> / <sub>2</sub>	33 <sup>1</sup> / <sub>2</sub> - 34 <sup>1</sup> / <sub>2</sub>	34 <sup>1</sup> / <sub>2</sub> - 35 <sup>1</sup> / <sub>2</sub>	35 <sup>1</sup> / <sub>2</sub> - 36	36 - 37	36 <sup>1</sup> / <sub>2</sub> - 37 <sup>1</sup> / <sub>2</sub>

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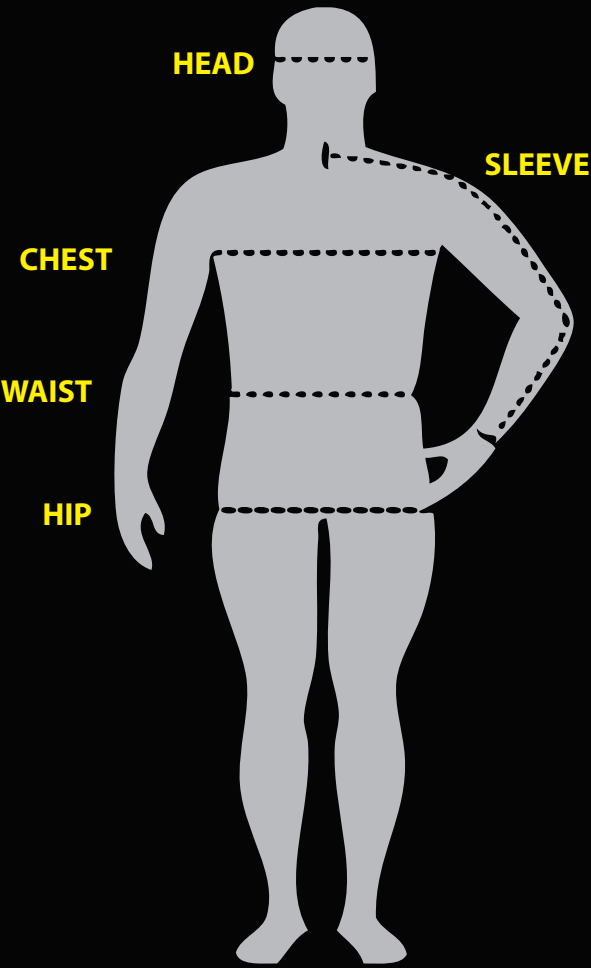
**Waist** – Measure your natural waist at the smallest point.

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WOMEN’S PANT SIZES IN INCHES

ALPHA SIZE	SMALL		MEDIUM		LARGE		X-LARGE		XX-LARGE		
NUMERIC WAIST SIZE	24	26	28	30	32	34	36	38	40	42	44
WOMEN'S NUMERIC SIZE	4	6	8	10	12	14	16	18	20	22	24
BODY MEASUREMENT											
WAIST	26	27 1/2	28	30	32	34	36	38	40	42	44
HIP	36	37 1/2	38	40	42	44	46	48	50	52	54
INSEAM	31	31	31	31	31	31	31	31	31	31	31
INSEAM	35	35	35	35	35	35	35	35	35	35	35

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HOW TO MEASURE

For Women: As a general rule, the number of inches measured will equal your size when measured correctly. Measurements should be taken over bra and panties.

**Head** – Measure around head with tape above brow ridges.

**Bust** – With arms at your sides, measure around the fullest part of your bust and under your armpits, keeping tape parallel to the floor.

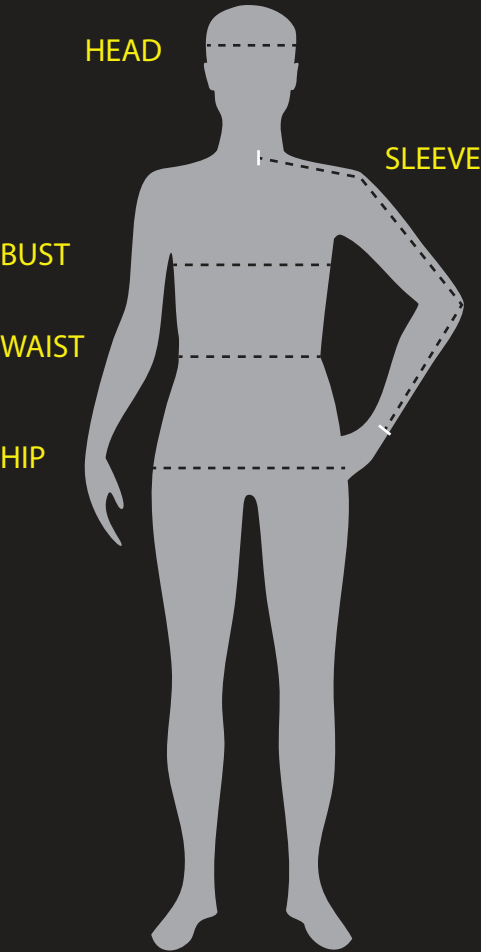
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WOMEN’S TOP SIZES IN INCHES

SIZE	SMALL (4-6)	MEDIUM (8-10)	LARGE (12-14)	X-LARGE (16-18)	XX-LARGE (20-22)
BODY MEASUREMENT					
SHOULDERS	14 3/4 - 15 1/4	15 1/2 - 16	16 1/4 - 16 3/4	17 - 17 1/2	17 3/4 - 18 1/4
BUST	33 - 34 1/2	35 - 37	38 - 40	41 1/2 - 43 1/2	45 - 47
WAIST	26 - 27 1/2	28 1/2 - 30	31 1/2 - 33	34 1/2 - 36 1/2	38 - 40
HIP	36 - 37 1/2	38 1/2 - 40	41 1/2 - 43	44 1/2 - 46 1/2	48 - 50
SLEEVE	29 1/2 - 30	30 1/2 - 31	31 1/2 - 32	32 1/2 - 33	33 1/2 - 34

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