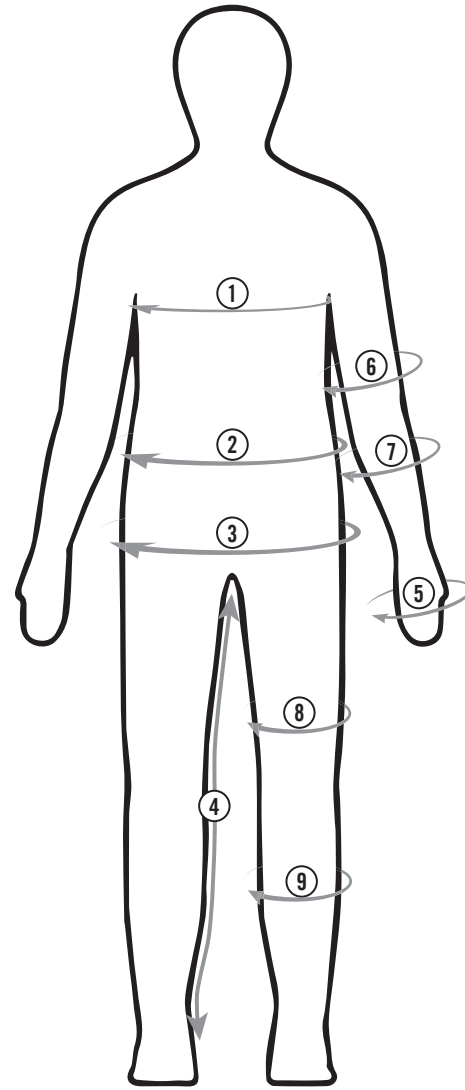


FIT GUIDE

As body types vary from person to person, the best way to choose the right size garment is by trying it on. As such, the following charts should only be used as a guide.

- 1 Chest:** Measure fullest circumference, keeping tape up under arms and across shoulder blades.
- 2 Waist:** Measure at narrowest circumference. Don't suck it in – nobody's watching.
- 3 Hip:** Measure around the widest part of the pelvis, around the buttocks.
- 4 Inseam:** Measure inner leg from crotch to below the ankle bone.
- 5 Glove:** Wrap a tape measure around the widest part of your palm and make a light fist.
- 6 Bicep:** Measure around your bicep at the widest part.
- 7 Forearm:** Measure around your forearm at the widest part.
- 8 Thigh:** Measure around your thigh 10cm (7cm for youth) up from the top of your knee cap with a straight leg.
- 9 Calf:** Measure around your calf at the widest part.



APPAREL

MEN'S SIZING

	S	M	L	XL	XXL
Chest	35.5-38" (90-96 cm)	38-40.5" (96-103 cm)	40.5-43.5" (103-110 cm)	43.5-46.5" (110-118 cm)	46.5-49.5" (118-126 cm)
Waist	27.5-30" (70-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)	35.5-38.5" (90-98 cm)	38.5-41.5" (98-105 cm)
Hip	34-37" (86-94 cm)	37-39.5" (94-100 cm)	39.5-42.5" (100-108 cm)	42.5-45.5" (108-116 cm)	45.4-48.5" (116-123 cm)

WOMEN'S SIZING

	XS	S	M	L	XL
Chest	31-33" (79-84 cm)	33-35" (84-89 cm)	35-37" (89-94 cm)	37-39" (94-99 cm)	39-41" (99-104 cm)
Waist	24.5-26" (62-66 cm)	26-28" (66-71 cm)	28-30" (71-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)
Hip	34-36" (86-91 cm)	36-38" (91-97 cm)	38-40" (97-102 cm)	40-42.5" (102-108 cm)	42.5-45.5" (108-116 cm)

YOUTH SIZING

	S/Y8	M/Y10	L/Y12
Chest	25-28" (63.5-71 cm)	28-31.5" (71-80 cm)	31.5-33.5" (80-85 cm)
Waist	19.5-22.5" (49.5-57 cm)	22.5-26" (57-66 cm)	26-28" (66-71 cm)
Hip	25.5-28.5" (68-76 cm)	30-33.5" (76-85 cm)	33.5-35.5" (85-90 cm)

GUARDS

CORE SIZING

	S	M	L	XL	XXL
Chest	35.5-38" (90-96 cm)	38-40.5" (96-103 cm)	40.5-43.5" (103-110 cm)	43.5-46.5" (103-118 cm)	46.5-49.5" (118-126 cm)
Waist	27.5-30" (70-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)	35.5-38.5" (90-98 cm)	38.5-41.5" (98-105 cm)
Hip	34-37" (86-94 cm)	37-39.5" (94-100 cm)	39.5-42.5" (100-108 cm)	42.5-45.5" (108-116 cm)	45.4-48.5" (116-123 cm)

KNEE

	XS	S	M	L	XL	XXL
Thigh	14.5-15.5" (37-39cm)	15.5-16.5" (39-42cm)	16.5-17.5" (42-44cm)	17.5-18.5" (44-47cm)	18.5-19.5" (47-50cm)	19.5-20.5" (50-52cm)
Calf	11.5-12.5" (29-32cm)	12.5-13.5" (32-34cm)	13.5-14.5" (34-37cm)	14.5-15.5" (37-39cm)	15.5-16.5" (39-42cm)	16.5-17.5" (42-44cm)

ELBOW

	XS	S	M	L	XL	XXL
Bicep	8.5-9.5" (22-24cm)	9.5-10.5" (24-27cm)	10.5-11.5" (27-29cm)	11.5-12.5" (29-31cm)	12.5-13.5" (31-34cm)	13.5-14.5" (34-37cm)
Forearm	6.5-7.5" (17-19 cm)	7.5-8.5" (19-22cm)	8.5-9.5" (22-24cm)	9.5-10.5" (24-27cm)	10.5-11.5" (27-29cm)	11.5-12.5" (29-32cm)

YOUTH KNEE

	S/M	L/XL
Thigh	10-12" (25-30 cm)	12-14" (30-36 cm)
Calf	9-10.5" (23-27 cm)	10.5-12" (27-30 cm)

YOUTH ELBOW

	S/M	L/XL
Bicep	7-8" (18-20 cm)	8-9" (20-23 cm)
Forearm	5-6" (13-15 cm)	6-7" (15-17 cm)

GLOVES

	XS	S	M	L	XL
Men's	6-7" (15-17.5 cm)	7-8" (17.5-19 cm)	8-9" (19-21.5 cm)	9-10" (21.5-24 cm)	10-10.5" (24-26.5 cm)
Women's	5-6" (12.5-15 cm)	6-7" (15-17.5 cm)	7-8" (17.5-20 cm)	8-9" (20-21.5 cm)	9-9.5" (21.5-24 cm)
Youth		6-6.5" (15-16.5 cm)	6.5-7" (16.5-17.8 cm)	7-7.5" (17.8-19 cm)	

SOCKS

	S/M	L/XL
Mens Shoe Size	5-9	9-13
Womens Shoe Size	6-10	10-14