



# HOW TO MEASURE SIZE CHARTS

A+ garments are made for comfort and ease of movement. If you're not sure what size to order, take some measurements and use our size charts on the next pages to find the right fit. For both women and men, we recommend measuring over your undergarments, not over other clothing. Wrap a tape measure comfortably around your body; don't make it too tight. You might have to have someone help you.

The fit and comfort of any garment will depend on your personal preferences, so these size charts are simply a guide. If you have questions about sizing, please call your dedicated customer service representative at 877-632-7587. We'll be happy to answer your questions!

**Neck**  
Measure around the lower part of the neck.

**Chest/Bust**  
Measure around your shoulder blades and the fullest part of your chest, keeping your arms comfortably at your sides.

**Waist**  
Measure around your natural waistline (for men, just below your navel).

**Sleeve Length**  
Measure from the center of the back of your neck, over the top of your shoulder, and down to your wrist. Keep your arms comfortably at your sides.

**Inseam**  
Take this measurement from a nice-fitting pair of pants of a similar style. Measure the garment inseam from the crotch seam to the hem.

MEN'S KNIT SHIRTS								
Men's/Unisex	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	15	15	16	16	18	18	18	18
Chest	38	42	46	50	54	58	62	66
Long Sleeve	34½	36	37½	39	40½	41	41 5/8	42 ¼
Short Sleeve	19 ¾	20½	21 ¼	22	22¾	23	23¼	23½

*Note: All measurements are in inches*