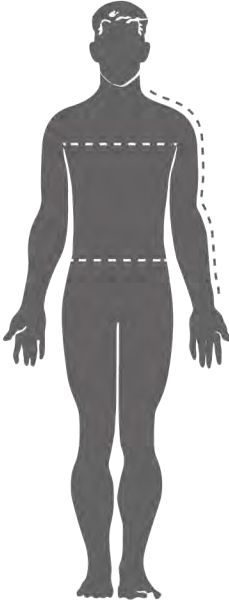


# HOW TO MEASURE SIZE CHARTS

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!



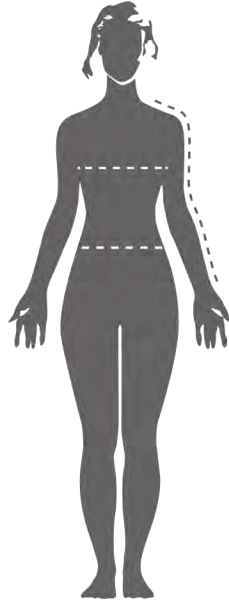
**Neck**  
Measure around the lower part of the neck.

**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.



## MENS MVP & PERFORMANCE PANTS (7010,7899,7894) & SHORTS (7012,7913,7898)

	M							L					XL				XXL			XXXL			
Mens	28	29	30	31	32	33	34	35	36	37	38	39	40	42	44	46	48	50	52	54	56	58	60
Waist	30	31	32	33	34	35	36	37	38	39	40	41	42	44	46	48	50	52	54	56	58	60	62
Pants Inseam	<b>M= 30 L=32 XL= 36 W=37</b>																						
Shorts Inseam	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2	9 1/2

*Note: All measurements are in inches*