



# 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.

## WOMEN'S PANTS AND SHORTS

Women's	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Waist	25½	26½	27½	28½	29½	31	32½	34	36	38	40	42	44	46	48
Pants Inseam	30½	30½	30½	30½	31½	31½	31½	31½	32½	32½	32½	32½	32½	32½	32½
Shorts Inseam	8½	8½	8½	8½	8½	8½	8½	8½	8½	9	9	9	9	9	9

*Note: All measurements are in inches*