

HOW TO TAKE YOUR MEASUREMENT

Both men & ladies use the same sizing chart for cycling shirts

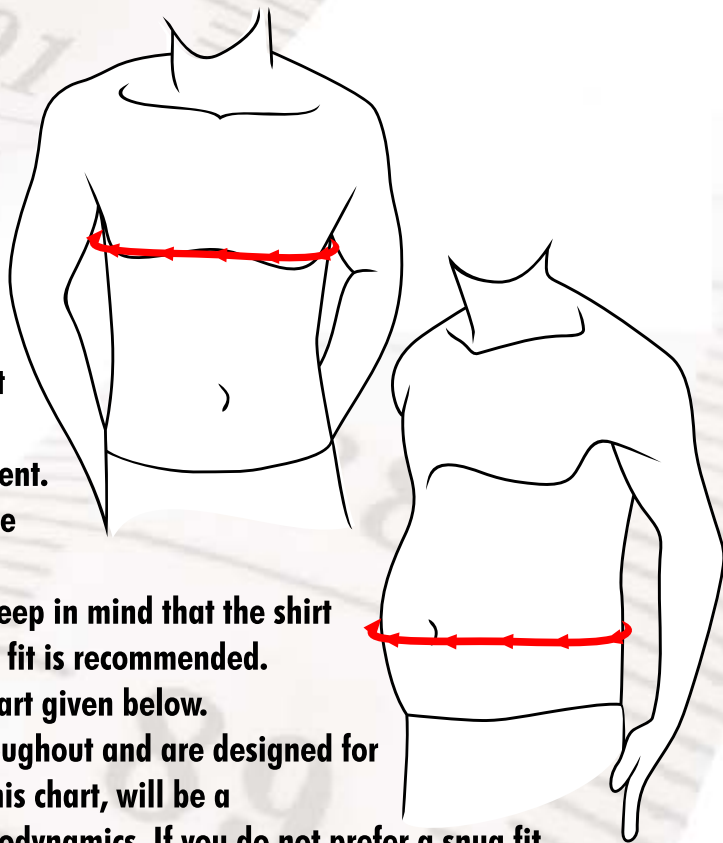
The sizing chart lists the chest measurements of each size.

These measurements are of the individual & NOT the finished garment.

Use a sewing measuring tape and ensure that measurements are taken in centimeters (some measuring tapes have inches on the back)

Determining the chest measurement:

- Find someone to take the measurement for you. Measurements are less accurate when done by oneself.
- Remember to always stand up straight, breathe in (take a normal breath) and do not look down.
- Determine whether the chest or waist/stomach area has the biggest circumference. That is where the measurement must be taken.
- Keep the tape measure level when taking your measurement.
- Keep one finger between the body and the measuring tape (do not pull the tape too tight).
- If the measurement was taken over the stomach, please keep in mind that the shirt tapers down to the waist from the chest, and that a looser fit is recommended.
- Determine the closest size to your measurement on the chart given below.
- Please note that the Elite and Pro shirts hug the body throughout and are designed for lean cyclists. The correct fit for these items, according to this chart, will be a 'body hug fit' around the chest. This fit enhances your aerodynamics. If you do not prefer a snug fit OR you plan on wearing multiple layers underneath your cycling shirt, consider a bigger size.



Individual's Measurements in cm:

| Sizes | Measurement |
|-------|-------------|
| XS | 80 - 86 |
| S | 86 - 91 |
| M | 91 - 97 |
| L | 97 - 102 |
| XL | 102 - 108 |
| 2XL | 108 - 113 |
| 3XL | 113 - 119 |
| 4XL | 119 - 124 |
| 5XL | 124 - 130 |

-sizing -chart

USE THIS CHART FOR THE FOLLOWING CYCLING JERSEYS (Men's & Ladies):

* Raglan Shirts

* Setin Shirts

* Pro Shirts (XS-2XL only)

* Elite Shirts

(Please note that Elite and Pro Shirts hug the body)