

HOW TO TAKE MEASUREMENTS

There are two sizing charts: • One for Mens' Running Shirts & • One for Ladies' Running Shirts

The two sizing charts list both the chest as well as the length measurements of each size.

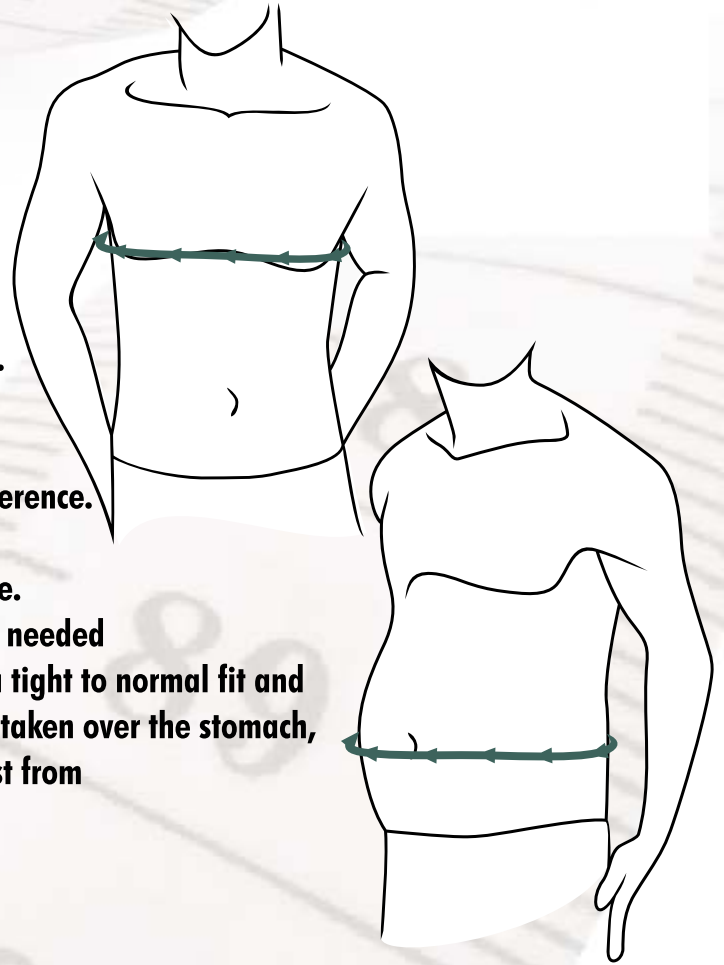
These measurements are based on the finished garment & NOT the measurements of the individual.

The ladies' chart has 2 length options.

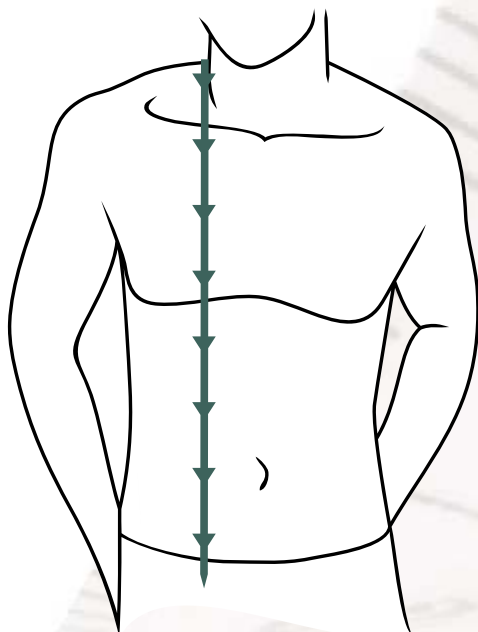
***Use a sewing measuring tape and ensure that measurements are taken in centimeters
(some measuring tapes have inches on the back)***

Measuring the chest measurement:

- Find someone to take the measurements for you. Measurements are less accurate when done by oneself.
- Remember to always stand up straight and breathe in (take a normal breath).
- **Never look down** while any measurement is being taken.
- Determine whether the chest or the waist/stomach has the biggest circumference.
- Keep the tape measure level when taking a measurement.
- Do not let it sag or pull up at the back. Take care to not pull it higher or lower in the front.
- Measure the area of the body that has the biggest circumference.
- Do not pull the tape too tight. Keep one finger between the body and the measuring tape.
- Use this measurement and add the amount of centimeters needed to ensure the desired fit, e.g.: anything from 4 - 6cm for a tight to normal fit and 7 - 10cm for a loose to very loose fit. If 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.
- Check on the sizing chart under chest measurement to determine the closest size to your measurement.



Measuring the length measurement:



- Find someone to take the measurements for you. Measurements are less accurate when done by oneself.
- Remember to always stand up straight & take a normal breath.
 - **Never look down** while any measurement is being taken.
 - Find the point on the shoulder where the neck begins and start your measurement there.
- Measure straight down the front of the body, over the chest and stomach - perpendicular to the floor - to the preferred length of the shirt you want to order. Add 1-2cm to your measurement.
- Check on the sizing chart under length measurement to determine the closest size to your measurement.
- **Please note that the hem is curved at the bottom & this will influence the final length measurement of the item.**

SIZING CHART

**Measurements in cm:
*LADIES' Running Shirts***

Sizes	Chest	Length	Longer Length
2XS	74	49	59
XS	78	51	61
S	82	53	63
M	88	55	65
L	94	57	67
XL	100	58	68
2XL	104	60	70
3XL	110	62	72

**Measurements in cm:
*MENS' Running shirts***

Sizes	Chest	Length
2XS	84	59
XS	88	62
S	94	65
M	98	68
L	104	71
XL	108	74
2XL	114	77
3XL	118	80
4XL	124	83
5XL	128	86

USE THESE CHARTS FOR:

- * Raglan & Setin
- * Mens & Ladies shirts