

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.

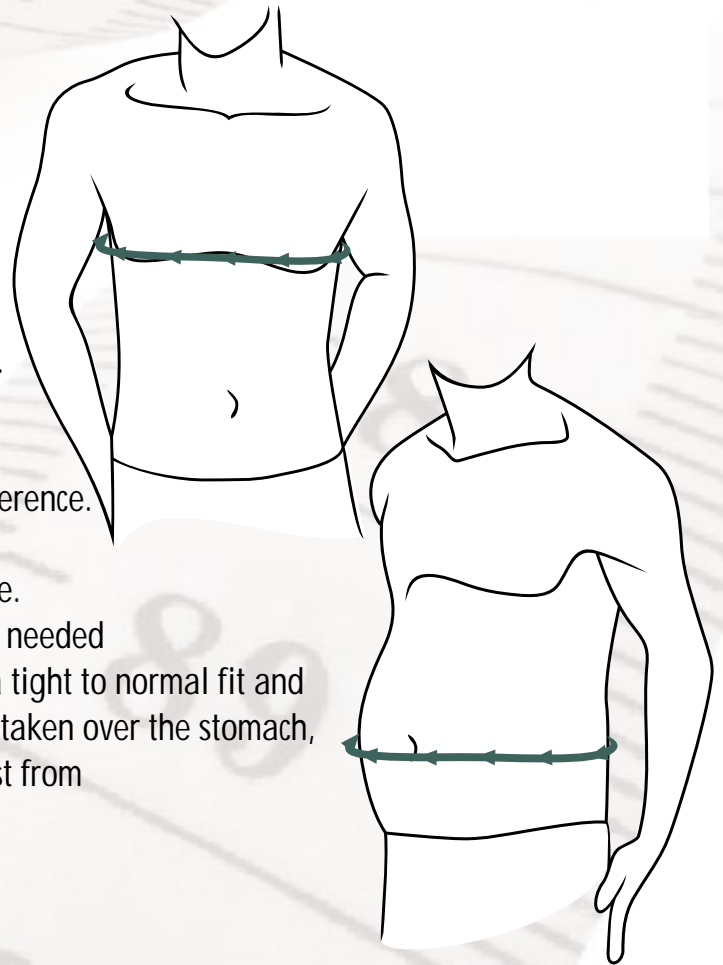
The ladies' chart has 2 length options.

Use a sewing measuring tape and ensure that measurements are taken in centimeters

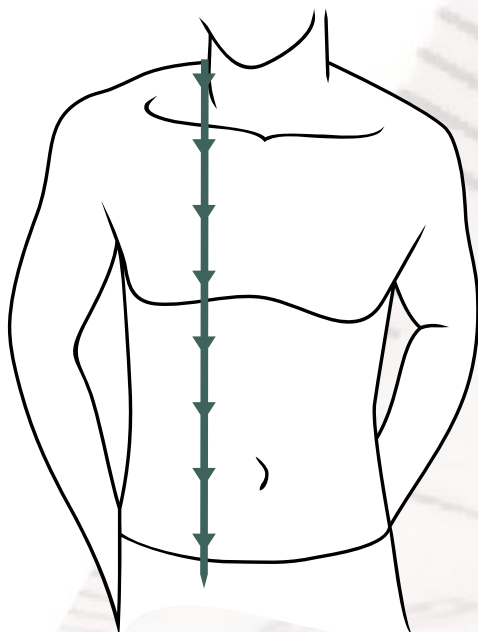
(some measuring tapes have inches on the back)

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 | Longer Length |
|-------|-------|---------------|
| 2XS | 74 | 59 |
| XS | 78 | 61 |
| S | 82 | 63 |
| M | 88 | 65 |
| L | 94 | 67 |
| XL | 100 | 68 |
| 2XL | 104 | 70 |
| 3XL | 110 | 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