

# Colorguard Sizing Guide

**Chest** - Measure around the body at the fullest part of the chest, under the arms, and with the arms down and relaxed.

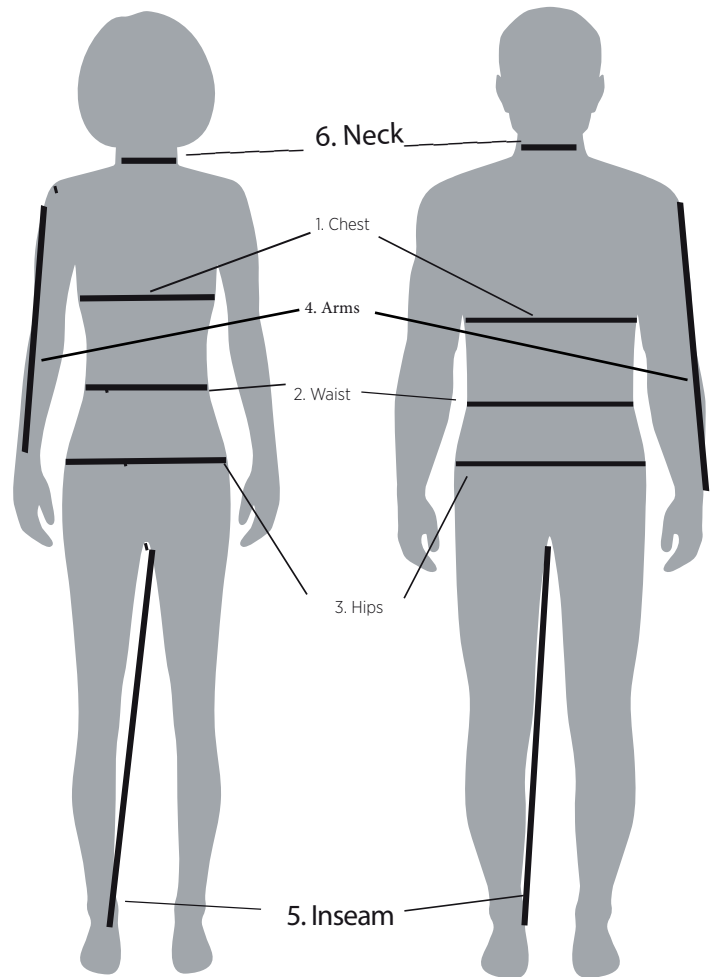
**Waist** - Measure around the waist at the narrowest point (usually just below the belly button).

**Hips** - Measure around the hips at the widest point.

**Inseam** - Measure inside of legs.

**Neck** - Measure around base of neck.

**Arms** - Measure from top of shoulder to wrist.



Size	Chest	Waist	Hip	Inseam	Neck	Arm
2XS	23-25	21-23	27-29	28	11.5	23
XS	26-28	24-26	30-32	28	12	23
S	29-31	27-29	33-35	28	12.5	23
M	32-34	30-32	36-38	28	13	23
L	35-37	33-36	39-41	28	13.5	23.5
XL	38-41	37-39	42-44	28	14	23.5
2XL	42-44	40-43	45-48	28	15.5	24
3XL	45-47	44-47	49-52	28.5	16.5	24.5
4XL	48-51	48-51	53-56	28.5	17.5	24.5
5XL	52-54	52-54	57-61	29	18.5	25
6XL	55-58	55-58	62-65	29	19.5	25

When Choosing sizes, Choose the size of the smallest measurement for a tighter/more form fitting fit or Choose the Larger of the measurements for looser/more relaxed fit. Anytime you have measurements that vary in sizes of more than 3 sizes (Small —> 2XL), Contact your Sales Rep for guidance on which sizes would be best to choose for that performer

\*\*Ordering full pieces on glitter foil should be sized one size larger.

\*\* Fitted Leg unitards will have an extra 4" on the inseam.