

## HOW TO MEASURE CHEST

Arms relaxed at your sides, measure around the fullest part of your chest/bust (around shoulderblades and under arms).

## HOW TO MEASURE WAIST

Determine the position you want the waistline of your pants to rest when worn and measure around this portion of your body. The measuring tape should be straight and flat against the body, yet comfortably loose.

## FIT STYLES

**Loose Fit-** A comfortable, universal cut with plenty of room to move.

**Semi- Fitted-** A slimmer, athletic cut with range of motion engineered into the garment's shape.

**Compression Fit-** A skin tight cut with fabrics engineered to compress and support the body without restricting movements.

**NOTE: PLEASE ALLOW FOR A SIZE TOLERANCE OF +/- 0.5 INCH**

## MEN'S SINGLET

SIZE	LENGTH	CHEST	WAIST	HIPS	WEIGHT
YXXS	21.5"	18.875"	17.5"	20.875"	35-40 lbs
YXS	22.25"	20.5"	18.875"	22.25"	40-45 lbs
YS	23"	22'	20.25"	23.625"	45-55 lbs
YM	23.875"	23.675"	21.625"	25"	55-65 lbs
YL	26.375"	24.375"	22.25"	25.625"	65-75 lbs
YXL/AXS	29.5"	26.25"	24.25"	26"	75-110 lbs
S	31.25"	28.25"	26.25"	28"	110-130 lbs
M	33"	30.25"	28.25"	30"	130-150 lbs
L	34.5"	32.25"	30.25"	32"	150-170 lbs
XL	37.75"	38.25"	36.25"	38"	170-190 lbs
XXL	39.5"	41.25"	39.25"	41"	190-215 lbs
XXXL	41	44.25"	42.25"	44"	215-285 lbs

## WOMEN'S SINGLET

SIZE	LENGTH	CHEST	WAIST	HIPS	WEIGHT
YXXS	21.5"	18.875"	17.5"	20.875"	35-40 lbs
YXS	22.25"	20.5"	18.875"	22.25"	40-45 lbs
YS	23"	22'	20.25"	23.625"	45-55 lbs
YM	23.875"	23.675"	21.625"	25"	55-65 lbs
YL	26.375"	24.375"	22.25"	25.625"	65-75 lbs
YXL/AXS	28.5"	26"	24"	28.375"	75-110 lbs
S	29"	27.5"	25.5"	30"	110-130 lbs
M	29.375"	29.125"	27.125"	31.5"	130-150 lbs
L	30"	30.75"	28.75"	33"	150-170 lbs
XL	30.375"	32.25"	30.375"	34.625"	170-190 lbs
XXL	30.875"	33.875"	31.875"	36.25"	190-215 lbs
XXXL	31.375	35.375"	33.5"	37.75"	215-285 lbs

**WOMEN'S ASCEND SINGLET**

SIZE	LBS
XS	105- 114 lbs
S	114- 128 lbs
M	128- 138 lbs
L	138- 152 lbs
XL	152- 175 lbs

**MEN'S SIZE CHART**

SIZE	CHEST	WAIST	HIPS
XS	33- 36"	26- 28"	33- 36"
S	36- 38"	31- 32"	35- 37"
M	38- 40"	32- 34"	37- 41"
L	42- 44"	34- 36"	42- 46"
XL	46- 49"	36- 40"	44- 48"
XXL	50- 54"	42- 46"	46- 50"
XXXL	54- 58"	47- 52"	52- 58"

## WOMEN'S SIZE CHART

SIZE	BUST	WAIST	HIPS
XS	32- 34"	24- 26"	34- 36"
S	34- 36"	26- 28"	36- 38"
M	36- 38"	28- 30"	38- 40"
L	38- 41"	30- 33"	40- 43"
XL	42- 44"	34- 39"	43- 46"
XXL	44- 48"	39- 42"	46- 48"

## YOUTH TOPS

SIZE	WAIST	WEIGHT
YS (6- 8)	22- 26"	38- 58 lbs
YM (10- 12)	26- 30"	58- 86 lbs
YL (14- 16)	30- 34"	86- 114 lbs

## YOUTH BOTTOMS

SIZE	WAIST	WEIGHT
YS (6- 8)	21- 23"	38- 58 lbs
YM (10- 12)	23- 26"	58- 86 lbs
YL (14- 16)	26- 28"	86- 114 lbs

## LADIES FREE SPIRIT HIGH RISE LEGGINGS - 25" / 21" CROPS / 6" SHORTS

SIZE	WAIST	HIP
4/ XS	25"	35"
6/ S	27"	37"
8/ M	29"	39"
10/ L	31"	41"
12/ XL	33"	42"
14/ XXL	35"	45"

**LADIES FREE SPIRIT TRAINING BRA**

ALPHA SIZE	NUMERIC SIZE	BAND SIZE
XXS	2	28- 30"
XS	4	30- 32"
S	6	32- 34"
M	8	34- 36"
L	10	36- 38"
XL	12	38- 40"
XXL	14	40- 42"

**LADIES COMPETITION SPORTS BRA**

ALPHA SIZE	NUMERIC SIZE	BUST SIZE
XS	2	29- 32.5"
S	4 TO 6	32.5- 35.5"
M	8 TO 10	35.5- 38"
L	12 TO 14	38- 41"
XL	16 TO 18	41- 44.5"
XXL	20 TO 22	44.5- 48"