

## SIZE CHART - INDEX

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# How to Measure

## Men's Tops

### NECK

Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow ease in fit.

### CHEST

Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.

### WAIST

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

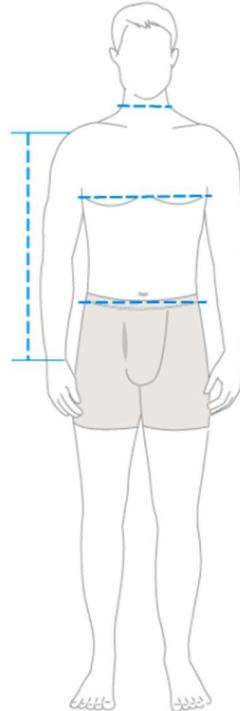
### SLEEVE

Bend your arm slightly. Measure from center back neck, across your shoulder, down to your elbow, down to your wrist.

Tip: For the most accurate results, measure yourself in your undergarments.

### BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



## Men's Bottoms

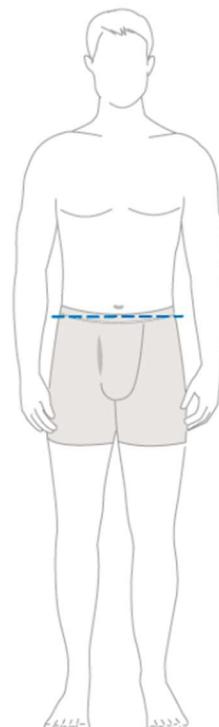
### WAIST

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

Tip: For the most accurate results, measure yourself in your undergarments.

### BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



# Women's Tops

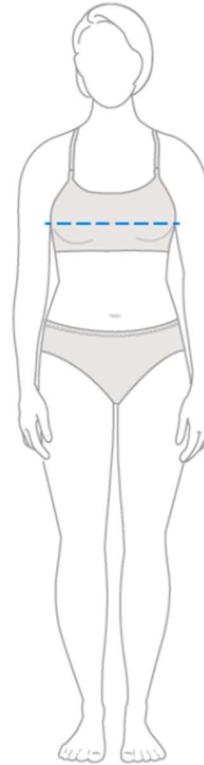
## CHEST/BUST

Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.

Tip: For the most accurate results, measure yourself in your undergarments.

## BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



# Women's Bottoms

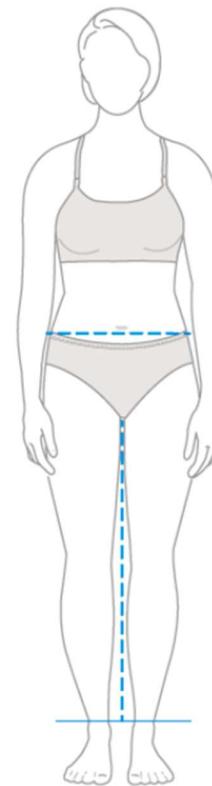
## WAIST

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

Tip: For the most accurate results, measure yourself in your undergarments.

## BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



# Youths' Tops

## CHEST

Measure around the fullest part of the child's chest, keeping tape firmly under his armpits and around his shoulder blades.

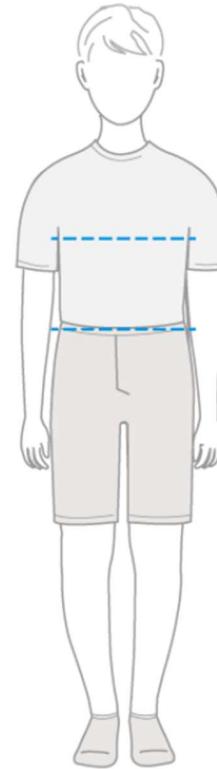
## WAIST

Measure around the child's waist, slightly below the natural waist, where he normally wears his pants. Insert your forefinger between the tape and his body to allow ease in fit.

Tip: For the most accurate results, measure yourself in your undergarments.

## BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



# Youths' Bottoms

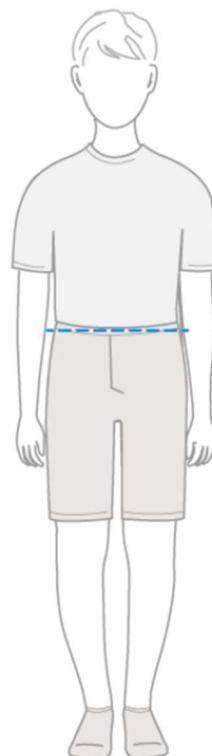
## WAIST

Measure around the child's waist, slightly below the natural waist, where he normally wears his pants. Insert your forefinger between the tape and his body to allow ease in fit.

Tip: For the most accurate results, measure yourself in your undergarments.

## BETWEEN SIZES?

If your measurements are in between those listed in the size chart, pick the next larger size.



# Men's Tops

Size	Chest (inches)	Waist (inches)	Neck (inches)	Sleeve (inches)
S	34 - 36	28 - 30	14 - 14.5	32.5 - 33
M	38 - 40	32 - 34	15 - 15.5	33.5 - 34
L	42 - 44	36 - 38	16 - 16.5	34.5 - 35
XL	46 - 48	40 - 42	17 - 17.5	35 - 35.5
2XL	50 - 52	44 - 46	18 - 18.5	35.5 - 36
3XL	54 - 56	48 - 50	19 - 19.5	36 - 36.5
4XL	58 - 60	52 - 54	20 - 20.5	36.5 - 37

# Men's Bottoms

Size	Waist
S	28 - 30
M	32-34
L	36-38
XL	40-42
2XL	44-46
3XL	48-50
4XL	52-54

# Women's Tops

Size (inches)	Chest/Bust (inches)
S	34 - 35
M	36 - 37
L	38 - 40
XL	41 - 44
2XL	45 - 46

# Women's Bottoms

Size	Waist	Inseam Open Bottom Pant	Inseam Jogger
S	28 - 29	31	30
M	30 - 31	31	30
L	32 - 34	31	30
XL	36 - 38	31	30
2XL	41	31	30

# Youths' Tops

Size	Chest (inches)	Waist (inches)
XS	20 - 23	23
S	24 - 26	23 - 24
M	27	25
L	28 - 29	26 - 27
XL	31 - 32	28 - 30
2XL	34	31

# Youths' Bottoms

Size	Waist (inches)
XS	23
S	23 - 24
M	25
L	26 - 27
XL	28 - 30
2XL	31

## **Sources:**

<https://www.russellathletic.com/sizeguide/men/tops>

<https://www.russellathletic.com/sizeguide/men/bottoms>

<https://www.russellathletic.com/sizeguide/women/tops>

<https://www.russellathletic.com/sizeguide/women/bottoms>

<https://www.russellathletic.com/sizeguide/youth/tops>

<https://www.russellathletic.com/sizeguide/youth/bottoms>