

MEN'S/BOYS



COMPOUND  
SPORTSWEAR

# VFREESTYLING SIZING CHART

2025 SIZING CHART  
CMPSW SPORTSWEAR





# MEN’S PRO SERIES SINGLET

SIZE	1/2 CHEST (IN)	1/2 WAIST (IN)	1/2 HIPS (IN)	INSEAM (IN)	WEIGHT (LBS)	WEIGHT (KG)
YXXSMALL	10	9	10	4	35-40	16-18
YXSMALL	10	9	11	4	40-45	18-20
YSMALL	11	10	12	4	45-55	20-25
YMEDIUM	12	11	13	5	55-65	25-29
YLARGE	12	11	13	6	65-80	29-36
YXLARGE	13	12	15	8	80-95	36-43
XSMALL	13	12	15	8	95-110	43-49
SMALL	14	13	17	9	110-135	49-57
MEDIUM	15	14	18	9	135-165	57-68
LARGE	16	15	19	9	165-190	68-84
XLARGE	17	16	20	9	190-220	84-100
2XLARGE	18	17	21	10	220-265	100-120
3XLARGE	19	18	22	10	265-310	120-141
WEIGHTS ARE APPROXIMATIONS						

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**WAIST:**  
Measure straight across the waistband; double the measurement for total circumference.

**HIPS:**  
Measure straight across the widest point of the hips; double the measurement for total circumference.

**INSEAM:**  
Measure from the crotch seam down to the bottom hem.



# PRO SERIES FIGHT SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	12	5
YSMALL	12	6
YMEDIUM	13	6
YLARGE	14	7
XSMALL	13	5 or 7
SMALL	14	5 or 7
MEDIUM	15	5 or 7
LARGE	16	5 or 7
XLARGE	17	5 or 7
2XLARGE	18	5 or 7
3XLARGE	18	5 or 7

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.



# PERFORMANCE SHORT 5” INSEAM

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	10	4
YMEDIUM	11	4
YLARGE	12	4
XSMALL	13	5
SMALL	14	5
MEDIUM	15	5
LARGE	16	5
XLARGE	17	5
2XLARGE	17	5
3XLARGE	18	5

## HOW TO MEASURE:

- WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.
- INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.





# PERFORMANCE SHORT 7” INSEAM

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	10	6
YMEDIUM	11	6
YLARGE	12	6
XSMALL	13	7
SMALL	14	7
MEDIUM	15	7
LARGE	16	7
XLARGE	17	7
2XLARGE	17	7
3XLARGE	18	7

## HOW TO MEASURE:

- WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.
- INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.



# PRO SERIES JOGGER

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	19
YSMALL	10	21
YMEDIUM	11	23
YLARGE	12	25
YXLARGE	12	28
XSMALL	13	30
SMALL	14	30
MEDIUM	15	30
LARGE	17	30
XLARGE	18	30
2XLARGE	20	30
3XLARGE	21	31

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.



# PRO SERIES QUARTER/FULL ZIP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	15	18	23
YSMALL	16	19	25
YMEDIUM	18	22	26
YLARGE	18	24	28
YXLARGE	19	25	29
XSMALL	21	26	30
SMALL	22	27	32
MEDIUM	23	28	33
LARGE	24	29	35
XLARGE	25	30	36
2XLARGE	27	31	37
3XLARGE	29	32	39

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# PRO SERIES PERFORMANCE HOODED LONG SLEEVE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	15	20	27
YSMALL	16	21	28
YMEDIUM	17	23	30
YLARGE	18	24	31
XSMALL	19	25	33
SMALL	20	27	34
MEDIUM	21	28	35
LARGE	23	31	36
XLARGE	24	31	36
2XLARGE	25	32	37
3XLARGE	26	33	38

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# LONG SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	14	19	25
YSMALL	16	21	27
YMEDIUM	17	23	29
YLARGE	18	25	31
XSMALL	19	27	34
SMALL	20	28	34
MEDIUM	22	29	35
LARGE	23	30	36
XLARGE	25	31	37
2XLARGE	26	32	37
3XLARGE	28	32	38

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# SHORT SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	14	19	12
YSMALL	16	21	13
YMEDIUM	17	23	14
YLARGE	18	25	15
XSMALL	19	27	16
SMALL	20	28	17
MEDIUM	22	29	17
LARGE	23	30	18
XLARGE	25	31	19
2XLARGE	26	32	19
3XLARGE	28	32	20

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# PERFORMANCE FLEECE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YSMALL	17	21	23
YMEDIUM	19	23	24
YLARGE	20	25	26
XSMALL	21	27	30
SMALL	22	28	30
MEDIUM	24	29	31
LARGE	25	30	31
XLARGE	27	31	31
2XLARGE	29	32	32
3XLARGE	31	33	33
4XLARGE	32	34	33

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# PERFORMANCE FLEECE CREW

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	16	20	23
YSMALL	17	21	24
YMEDIUM	18	22	25
YLARGE	19	23	26
YXLARGE	20	24	27
XSMALL	21	25	28
SMALL	22	26	29
MEDIUM	23	27	30
LARGE	24	28	31
XLARGE	25	29	32
2XLARGE	26	30	33
3XLARGE	27	31	33

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# UNISEX PACKABLE JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	17	21	23
YSMALL	18	22	24
YMEDIUM	19	23	26
YLARGE	20	24	27
XSMALL	20	27	30
SMALL	22	28	31
MEDIUM	23	29	31
LARGE	24	30	32
XLARGE	25	31	34
2XLARGE	26	32	35
3XLARGE	28	33	36

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# UNISEX WARMUP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	17	20	23
YSMALL	18	21	24
YMEDIUM	19	22	25
YLARGE	20	23	27
XSMALL	21	24	27
SMALL	22	26	29
MEDIUM	23	29	32
LARGE	24	29	33
XLARGE	27	30	33
2XLARGE	28	31	33
3XLARGE	30	32	34

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# PERFORMANCE POLO

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YSMALL	16	21	14
YMEDIUM	17	23	15
YLARGE	18	25	16
XSMALL	19	27	16
SMALL	20	28	17
MEDIUM	22	29	19
LARGE	23	30	20
XLARGE	25	31	21
2XLARGE	26	32	22
3XLARGE	28	32	23

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# SHORT SLEEVE COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	13	17	12
YSMALL	13	18	13
YMEDIUM	14	19	13
YLARGE	14	20	14
YXLARGE	15	21	15
XSMALL	16	25	16
SMALL	17	26	17
MEDIUM	18	27	17
LARGE	19	28	18
XLARGE	20	29	18
2XLARGE	21	30	19
3XLARGE	22	31	19

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# LONG SLEEVE COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	13	17	22
YSMALL	13	18	23
YMEDIUM	14	19	25
YLARGE	14	20	26
YXLARGE	15	21	27
XSMALL	16	25	29
SMALL	17	26	30
MEDIUM	18	27	31
LARGE	19	28	31
XLARGE	20	29	32
2XLARGE	21	30	33
3XLARGE	22	31	34

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4
YMEDIUM	10	5
YLARGE	11	5
XSMALL	12	5
SMALL	12	6
MEDIUM	13	6
LARGE	14	7
XLARGE	15	7
2XLARGE	16	7
3XLARGE	17	8

## HOW TO MEASURE:

- WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.
- INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.





# LONG TIGHT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YXSMALL	9	20
YSMALL	9	21
YMEDIUM	10	23
YLARGE	11	24
XSMALL	11	25
SMALL	12	25
MEDIUM	13	26
LARGE	15	26
XLARGE	16	26
2XLARGE	18	26
3XLARGE	19	27

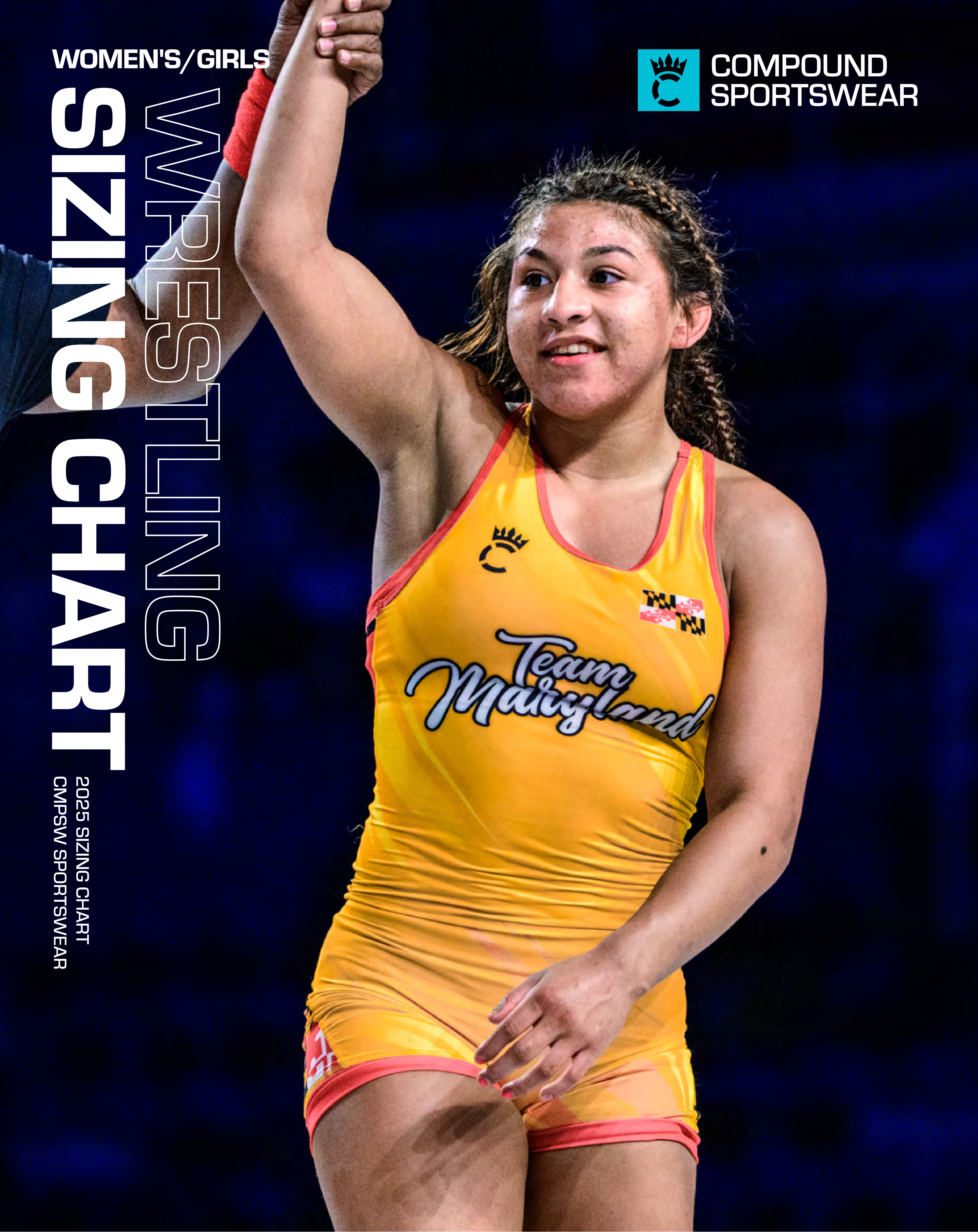
## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.







COMPOUND  
SPORTSWEAR

WOMEN'S/GIRLS

# VFREESTYLING SIZING CHART

2025 SIZING CHART  
CMPSW SPORTSWEAR



# WOMEN'S PRO SERIES SINGLET

SIZE	1/2 CHEST (IN)	1/2 WAIST (IN)	1/2 HIPS (IN)	INSEAM (IN)	WEIGHT (LBS)	WEIGHT (KG)
YXXSMALL	9	9	10	3	35-40	16-18
YXSMALL	10	9	11	4	40-45	18-20
YSMALL	11	10	12	4	45-55	20-25
YMEDIUM	12	11	13	5	55-65	25-29
YLARGE	12	11	13	6	65-80	29-36
YXLARGE	13	12	14	7	80-95	36-43
XSMALL	12	10	13	7	95-110	43-50
SMALL	13	11	14	7	110-120	50-54
MEDIUM	14	12	15	8	120-135	54-61
LARGE	15	13	16	8	135-150	61-68
XLARGE	16	14	18	8	150-165	68-75
2XLARGE	17	15	19	8	165-180	75-82
3XLARGE	18	16	20	9	180+	82+

WEIGHTS ARE APPROXIMATIONS

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**WAIST:**  
Measure straight across the waistband; double the measurement for total circumference.

**HIPS:**  
Measure straight across the widest point of the hips; double the measurement for total circumference.

**INSEAM:**  
Measure from the crotch seam down to the bottom hem.



# WOMEN'S PRO SERIES FIGHT SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	12	4.5
SMALL	13	4.5
MEDIUM	14	4.5
LARGE	15	4.5
XLARGE	16	4.5
2XLARGE	17	4.5
3XLARGE	18	4.5

## HOW TO MEASURE:

- WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.
- INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.





# WOMEN'S PERFORMANCE SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	11	4.5
SMALL	13	4.5
MEDIUM	14	4.5
LARGE	15	4.5
XLARGE	15	4.5
2XLARGE	15	4.5
3XLARGE	16	4.5

## HOW TO MEASURE:

- WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.



# WOMEN'S PRO SERIES JOGGER

SIZE	1/2 WAIST (IN)	INSEAM (IN)
XSMALL	12	29
SMALL	13	30
MEDIUM	14	30
LARGE	15	30
XLARGE	17	30
2XLARGE	18	30
3XLARGE	20	30

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.





# WOMEN'S PRO SERIES QUARTER ZIP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	18	24	29
SMALL	19	25	31
MEDIUM	19	25	32
LARGE	20	26	33
XLARGE	22	27	35
2XLARGE	24	28	36
3XLARGE	26	29	38

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.



# WOMEN'S PRO SERIES PERFORMANCE HOODED LONG SLEEVE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	23	33
SMALL	17	25	34
MEDIUM	19	26	35
LARGE	20	29	36
XLARGE	21	29	36
2XLARGE	22	30	37
3XLARGE	23	31	38

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# WOMEN'S LONG SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	25	30
SMALL	18	26	31
MEDIUM	20	26	32
LARGE	21	27	33
XLARGE	23	28	34
2XLARGE	24	28	34
3XLARGE	26	29	35

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# WOMEN'S SHORT SLEEVE PERFORMANCE SHIRT

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	26	14
SMALL	18	26	15
MEDIUM	20	27	15
LARGE	21	27	16
XLARGE	23	28	16
2XLARGE	24	28	17
3XLARGE	26	29	18

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# WOMEN'S PERFORMANCE FLEECE HOODIE

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	17	24	28
SMALL	19	25	29
MEDIUM	20	25	29
LARGE	21	26	30
XLARGE	22	27	30
2XLARGE	23	28	31

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# PERFORMANCE FLEECE CREW

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	16	20	23
YSMALL	17	21	24
YMEDIUM	18	22	25
YLARGE	19	23	26
YXLARGE	20	24	27
XSMALL	21	25	28
SMALL	22	26	29
MEDIUM	23	27	30
LARGE	24	28	31
XLARGE	25	29	32
2XLARGE	26	30	33
3XLARGE	27	31	33

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# UNISEX PACKABLE JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	17	21	23
YSMALL	18	22	24
YMEDIUM	19	23	26
YLARGE	20	24	27
XSMALL	20	27	30
SMALL	22	28	31
MEDIUM	23	29	31
LARGE	24	30	32
XLARGE	25	31	34
2XLARGE	26	32	35
3XLARGE	28	33	36

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# UNISEX WARMUP JACKET

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
YXSMALL	17	20	23
YSMALL	18	21	24
YMEDIUM	19	22	25
YLARGE	20	23	27
XSMALL	21	24	27
SMALL	22	26	29
MEDIUM	23	29	32
LARGE	24	29	33
XLARGE	27	30	33
2XLARGE	28	31	33
3XLARGE	30	32	34

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# WOMEN'S PERFORMANCE POLO

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	16	26	14
SMALL	18	26	15
MEDIUM	20	27	16
LARGE	21	27	17
XLARGE	23	28	17
2XLARGE	24	28	18
3XLARGE	26	29	19

## HOW TO MEASURE:

**CHEST:**  
Measure straight across 1" below the armhole; double the measurement for total circumference.

**BODY LENGTH (TOPS):**  
Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

**SLEEVE LENGTH:**  
Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.



# WOMEN'S SHORT SLEEVE COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	15	26	12
SMALL	16	27	13
MEDIUM	17	28	13
LARGE	19	28	14
XLARGE	20	29	15
2XLARGE	22	30	15
3XLARGE	23	31	16

## HOW TO MEASURE:

### CHEST:

Measure straight across 1" below the armhole; double the measurement for total circumference.

### BODY LENGTH (TOPS):

Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

### SLEEVE LENGTH:

Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.





# WOMEN'S LONG SLEEVE COMPRESSION TOP

SIZE	1/2 CHEST (IN)	BODY (IN)	SLEEVE (IN)
XSMALL	15	26	27
SMALL	16	27	28
MEDIUM	17	28	29
LARGE	19	28	29
XLARGE	20	29	30
2XLARGE	22	30	31
3XLARGE	23	31	32

## HOW TO MEASURE:

### CHEST:

Measure straight across 1" below the armhole; double the measurement for total circumference.

### BODY LENGTH (TOPS):

Measure from the highest point on the shoulder (next to the neck seam) straight down to the bottom hem of the garment.

### SLEEVE LENGTH:

Measure from the top of the shoulder (where the arm meets the body), down along the outside of the arm to the wrist.



# WOMEN'S COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YSMALL	9	4.5
YMEDIUM	10	4.5
YLARGE	10	4.5
XSMALL	11	4.5
SMALL	12	4.5
MEDIUM	13	4.5
LARGE	14	4.5
XLARGE	15	4.5
2XLARGE	16	4.5
3XLARGE	17	4.5

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.





# WOMEN'S HIGH WAISTED COMPRESSION SHORT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YMEDIUM	9	5
YLARGE	10	5
XSMALL	11	6
SMALL	12	6
MEDIUM	13	6
LARGE	14	6
XLARGE	15	6
2XLARGE	16	6

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.



# WOMEN'S HIGH WAISTED TIGHT

SIZE	1/2 WAIST (IN)	INSEAM (IN)
YMEDIUM	9	27
YLARGE	10	28
XSMALL	11	28
SMALL	12	28
MEDIUM	13	28
LARGE	14	28
XLARGE	15	29
2XLARGE	16	29

## HOW TO MEASURE:

**WAIST:**  
Measure straight across the waistband;  
double the measurement for total  
circumference.

**INSEAM:**  
Measure from the crotch seam down to the  
bottom hem.

