



# HOW TO MEASURE SIZE CHARTS

## Unisex Activewear Bottoms

A+ garments are made for comfort and ease of movement. If you're not sure what size to order, take some measurements and use our size charts to find the right fit. For both boys and girls, we recommend measuring over the undergarments, not over other clothing. Wrap a tape measure comfortably around your body; don't make it too tight.

The fit and comfort of any garment will depend on personal preferences, so these size charts are simply a guide. If you have any questions about sizing please call your dedicated customer service representative at 800-227-3215. We'll be happy to answer your questions.

**Neck**  
Measure around the lower part of neck.

**Chest/Bust**  
Measure around the shoulder blades and the fullest part of your chest, keeping the arms comfortably at your sides.

**Waist**  
Measure around the natural waistline (for boys, just below the navel).

**Sleeve Length**  
Measure from the center of the back of the neck, over the top of the shoulder, and down to wrist. Keeping arms comfortably at sides.

**Inseam**  
Take this measurement from a nice-fitting pair of pants of a similar style. Measure the garment inseam from the crotch seam to the hem.

*Note: All measurements are in inches*

Fleece and Jersey Shorts & Pants	Youth						Adult					
	YXXS 5-6	YXS 7	YS 8	YM 10-12	YL 14-16	YXL 18-20	S 28-30	M 32-34	L 36-38	XL 40-42	2XL 44-46	3XL 48-50
Waist Relaxed	18 ½	19 ½	20 ½	21 ½	22 ½	24	24	25	26 ½	28 ½	30 ½	32 ½
Waist Stretched	32	34	36	38	40	42	42	44	46	50	54	58
Inseam For Shorts	3¼	3¼	4 ½	4 ¾	5	5¼	6	6	6	6	6	6
Inseam For Pants	17	19	21 ½	24	27	28 ½	28	29 ½	31 ½	33	33 ½	34

Fleece Pants	Toddler		
Size	2T	3T	4T
Waist Relaxed	17	18	19
Waist Stretched	29	31	33
Inseam For Pants	13	16 ½	17

Mesh and Twill Shorts	Youth						Adult					
	YXXS 5-6	YXS 7	YS 8	YM 10-12	YL 14-16	YXL 18-20	S 28-30	M 32-34	L 36-38	XL 40-42	2XL 44-46	3XL 48-50
Waist Relaxed	18 ½	19 ½	20 ½	21 ½	22 ½	24	24	25	26 ½	28 ½	30 ½	32 ½
Waist Stretched	32	34	36	38	40	42	42	44	46	50	54	58
Inseam	3¼	3¼	4 ½	4 ¾	5	5¼	7	7	7	7	7	7