

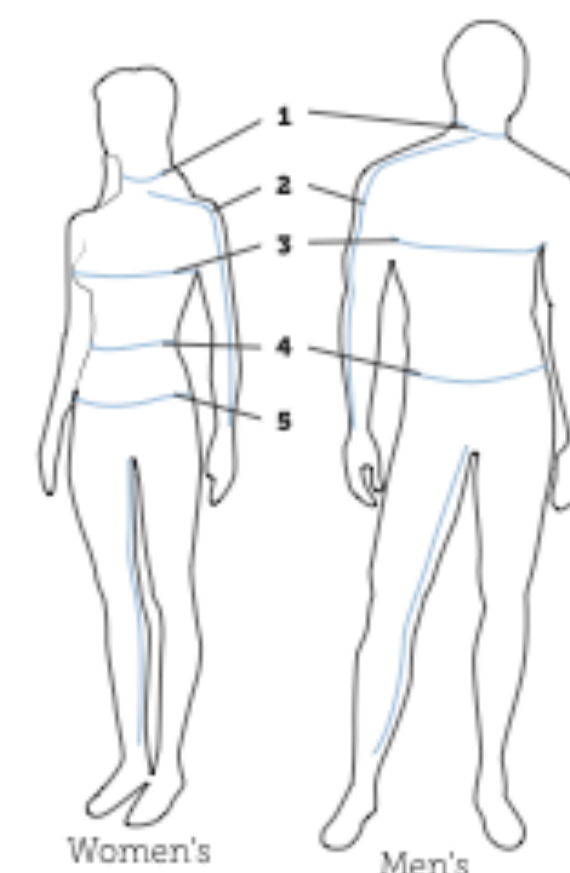
# FIT GUIDE

Please use these size charts to determine the appropriate garment size to order for all fits offered.

## Athletic Fit Guide

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
<b>MEN'S</b>									
<b>Neck</b>	13"-13.5"	14"-14.5"	15"-15.5"	16"-16.5"	17"-17.5"	18"-18.5"	19"-19.5"	20"-20.5"	21"-21.5"
<b>Chest</b>	32"-34"	34"-36"	36"-38"	40"-42"	42"-44"	44"-46"	46"-48"	48"-50"	50"-52"
<b>Sleeve Length</b>	32"	32.5"	34"	35"	35.5"	36"	36.5"	37"	37.5"
<b>WOMEN'S</b>									
<b>Chest</b>	31"-32"	33"-34"	35"-36"	37"-38"	40"-41"	42"-44"	45"-46"	--	--
<b>Waist</b>	24"-25"	26"-27"	28"-29"	30"-31"	33"-34"	35"-37"	38"-39"	--	--
<b>Hip</b>	34"-35"	36"-37"	37"-38"	40"-41"	43"-44"	45"-47"	48"-49"	--	--

### How to Measure



- 1. Neck**  
Measure neck circumference where the standard button type collar might be fastened.
- 2. Sleeve Length**  
Measure the distance from the prominent bone at center back neck, across the shoulder, over the bent elbow, to the center of the wrist bone.
- 3. Chest**  
Measure the chest circumference at the fullest point, keeping the tape horizontal around the body.
- 4. Waist**  
Measure the waist circumference at the smallest part of the waist, often at or above the belly button, keeping the tape horizontal around the body.
- 5. Hip**  
Measure the hip circumference at the fullest part of the seat, keeping the tape horizontal around the body.

### LONG SLEEVE TRAINING TEE



**BENEFITS**  
 Extreme Moisture Transport  
 Fast Dry Rate  
 Breathable  
 Color & Shape Retention  
 Pill Resistant  
 Snag Resistant  
**UPF Sun Protection: 30+**

**DECORATION**  
 Screen Print  
 Direct Embroidery  
 Dye Sublimation  
 Heat Transfer

**FEATURES**  
 > Self-Fabric Crew Neck  
 > Hemmed Long Sleeve

**PRODUCT DETAILS**  
**Fit:** Athletic  
**Sizes Z1051:** XS-5XL  
**Sizes Z6051:** XS-3XL  
**Construction:** Interlock  
**Content:** 100% Polyester  
**Fabric Weight:** 140 gsm / 4.1 oz