



TRAINING SHIRT SIZE CHART

| Size | SJ | MJ | LJ | YTH | S | M | L | XL | XXL | XXXL |
|--------------|-------|-------|-------|------|------|-------|-------|-------|-------|-------|
| Chest - inch | 26/28 | 28/30 | 30/32 | 36 | 38 | 40 | 42 | 44 | 45 | 47 |
| Chest - cm | 66/71 | 71/76 | 76/81 | 91.5 | 96.5 | 101.5 | 106.5 | 111.5 | 114.5 | 119.5 |



We recommend that you measure a shirt you already own across the front of the chest (below the sleeves) and multiply by two.

Then use that number to find your size on the chart above