

TRAINING LONG SLEEVE SHIRT SIZE CHART

Last Updated: May 2025

Classic Fit - Designed For Easy Unrestricted Movement

MEN

SIZE	S	M	L	XL	2XL	3XL	4XL
LENGTH	29.5 - 30.5	30.5 - 31.5	31.5 - 32.5	32.5 - 33.5	33.5 - 34.5	34.5 - 35.5	35.5 - 36.5
CHEST	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5	48.5 - 53.5	53.5 - 58	58 - 63

WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL
U.S. SIZE	0/2	4/6	8/10	12/14	16/18	20	22
LENGTH	25.5 - 26.5	26.5 - 27.25	27.25 - 28	28 - 28.75	28.75 - 29.5	29.5 - 30.5	30.5 - 31.5
BUST	29.5 - 32.5	32.5 - 35.5	35.5 - 38	38 - 41	41 - 44.5	44.5 - 48.5	52.8 - 56.5

YOUTH

SIZE	YXS	YS	YM	YL	YXL
U.S SIZE	6/7	7/8	10/12	14/16	18/20
AGE (YRS.)	6-7	8 - 9	10 - 11	12 - 13	14+
HEIGHT	47 - 51	51 - 55	55 - 59	59 - 63	63 - 67
LENGTH	20.25 - 21.5	21.75 - 23	23.5 - 25	24.6 - 27	25 - 29
CHEST	27 - 30	30 - 33	33.5 - 36	35 - 39.5	36.5 - 42.5

INFANT & TODDLER

SIZE	T2T	T3T	T4T
AGE (YRS)	1-2	2-3	3-4
HEIGHT	33 3/4 - 36	36 - 39	39 - 42
CHEST	20 1/4 - 21	21 - 21 1/2	21 1/2 - 22
WEIGHT	26 - 28	28 - 32	32 - 36



All sizes are in inches*

How To Measure

BUST: Measure around the fullest part of your bust, keeping the measuring tape horizontal.

If you cannot decide between two sizes, please choose the smaller size for a tighter fit or the larger size for a looser fit.