

SIZE GUIDE

GURU SPORTSWEAR SIZE GUIDE - BODY MEASUREMENTS

MEN'S	S	M	L	XL	2XL	3XL	
NECK CIRCUMFERENCE	14.5"-15"	15.5"-16"	16.5"-17"	17.5"-18"	18.5"-19"	19.5"-20"	
CHEST	36"-38"	39"-41"	42"-44"	45"-48"	49"-52"	53"-56"	
WAIST	30"-32"	32"-34"	34"-36"	36"-38"	38"-40"	40"-42"	
SLEEVE LENGTH	33.5"-34"	34.5"-35"	35"-35.5"	36"-36.5"	37"-37.5"	38"-38.5"	
WOMEN'S	XS	S	M	L	XL	2XL	
CHEST	30"-32"	33"-35"	36"-38"	39"-41"	42"-44"	45"-47"	
WAIST	26"-27"	28"-29"	30"-32"	33"-34"	34"-35"	36"-37"	
SLEEVE LENGTH	29.5"-30"	30.5"-31"	31"-31.5"	32"-32.5"	33"-33.5"	34"-34.5"	
UNISEX/ADULT	XS	S	M	L	XL	2XL	3XL
CHEST	33"-35"	36"-38"	39"-41"	42"-44"	45"-48"	49"-52"	53"-56"
WAIST	27"-29"	30"-32"	32"-34"	34"-36"	36"-38"	38"-40"	40"-42"
SLEEVE LENGTH	32.5"-33"	33.5"-34"	34"-34.5"	34.5"-35"	35.5"-36"	36.5"-37"	37.5"-38"
YOUTH	YXS	YS	YM	YL	YXL		
CHEST	24"-26"	26"-28"	28"-30"	30"-32"	32"-34"		
WAIST	18"-19"	20"-21"	22"-23"	24"-25"	26"-27"		
SLEEVE LENGTH	21"-22"	23"-24"	25"-26"	27"-28"	29"-30"		

FINDING THE RIGHT FIT:

CHEST: Measure the circumference of your chest at the widest point with your arms relaxed at your sides. Be sure to keep the measuring tape parallel with the ground.

WAIST: Measure the circumference of your waist at your natural waistline which appears as a crease when bending to one side.

SLEEVE LENGTH: Measure from the center back of neck, over point of shoulder, and down outside of arm past elbow to wrist with arm relaxed at side.