

## Size Chart

### Body Measurements

All our garments are based on body measurements that comply with Australian standard sizing. Garments are designed to fit a certain way based on their required function (see the fit guide). As we design garments to fit a certain way based on function, getting the correct body measurements is key. It's important to take your body measurements carefully to work out your size. If you measure as a size medium on our body measurements below then you will take a medium on all garments we offer, no matter if it is a skin tight lycra garment, or a loose fit outer shell garment.

Please note that we don't change our sizes to fit in with other suppliers' garments that you may have received before and we will not alter our size policy to make garments based on any personal measurements you have, we are a standard team wear manufacture not Savile Row!

MEN BODY MEASUREMENTS						
Size	XS	S	M	L	XL	XXL
To Fit CHEST	85 cm	90 cm	95 cm	100 cm	105 cm	110 cm
To Fit WAIST	75 cm	80 cm	85 cm	90 cm	95 cm	100 cm
To Fit Hip	90 cm	95 cm	100 cm	105 cm	110 cm	115 cm
Height*	167.5 -172.5 cm	172.5 - 177.5 cm	177.5 - 182.5 cm	182.5 - 187.5 cm	187.5 -192.5 cm	192.5 -197.5 cm

\* Total height includes head

\*\* Measurements are based on the Australian Standard Size Chart

WOMENS BODY MEASUREMENTS					
Size	XS / 8	S / 10	M / 12	L / 14	XL / 16
To Fit BUST	85 cm	90 cm	95 cm	100 cm	105 cm
To Fit WAIST	65 cm	70 cm	75 cm	80 cm	85 cm
To Fit Hip	90 cm	95 cm	100 cm	105 cm	110 cm
Height*	155 -160 cm	160 - 165 cm	165 - 170 cm	170 - 175 cm	175 -180 cm

\* Total height includes head

\*\* Measurements are based on the Australian Standard Size Chart

BOYS 8 - 16 BODY MEASUREMENTS					
Size	8	10	12	14	16
To Fit CHEST	68 cm	72 cm	76 cm	80 cm	86 cm
To Fit WAIST	60 cm	64 cm	68 cm	72 cm	76 cm
To Fit Hip	70 cm	74 cm	78 cm	84 cm	90 cm
Height*	130 cm	140 cm	150 cm	160 cm	170 cm

\* Total height includes head

\*\* Measurements are based on the Australian Standard Size Chart

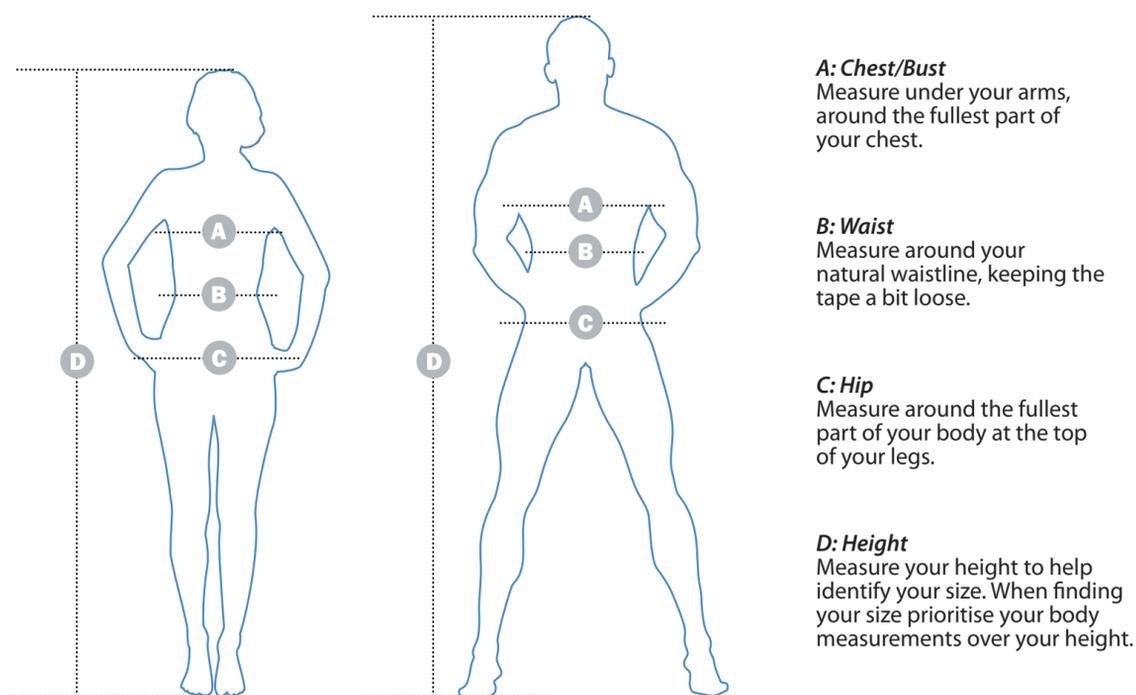
GIRLS 8 - 16 BODY MEASUREMENTS					
Size	8	10	12	14	16
To Fit BUST	68 cm	74 cm	80 cm	86 cm	90 cm
To Fit WAIST	60 cm	62 cm	64 cm	66 cm	70 cm
To Fit Hip	72 cm	78 cm	84 cm	90 cm	95 cm
Height*	130 cm	140 cm	150 cm	160 cm	165 cm

\* Total height includes head

\*\* Measurements are based on the Australian Standard Size Chart

### How to Measure

When taking your body measurements, it is best to use a fabric tape measure, not a metal one from the hardware store. Wear the undergarments you would normally train in for the most accurate results. Hold the tape measure at each body point to that it's comfortably snug. If the tape is cutting into your flesh, it's too tight – if you have room in between the tape and your body, it's too loose. Measure yourself on your bare skin, not over clothes. And this may sound silly, but don't trust your memory — be sure to write the measurements down!



**A: Chest/Bust**  
Measure under your arms, around the fullest part of your chest.

**B: Waist**  
Measure around your natural waistline, keeping the tape a bit loose.

**C: Hip**  
Measure around the fullest part of your body at the top of your legs.

**D: Height**  
Measure your height to help identify your size. When finding your size prioritise your body measurements over your height.

### FIT GUIDE

Fit is always issue when it comes to organising team wear for a group of people. It is a common mistake, when ordering customised garments, that particular frames aren't considered which may have an effect on size. Different body shapes may require you to move to a different size that what you usually buy. It's important that you use the above body measurements to guide you and to remember if in doubt go up a size. As part of our service we keep the sizing as standardised as possible but there are many clothing companies with different sizing policies so it's important to keep an open mind especially when looking at Body Fit and Fitted garments.



**Body Fit:**  
Stretch comfort, muscle recovery, injury prevention. Used for lycra garments that require a close to body fit.



**Athletic Fit:**  
Body contoured fit for non stretch knitted garments or looser garments made from Lycra.



**Relaxed Fit:**  
Relaxed cut for increase mobility. Made from non stretch fabric.



**Loose Fit:**  
Generous cut for outerlayer use such as tracksuit, spray jackets, hoodies etc