



STEP 1

CHOOSE YOUR FAVOURITE FITTING SHIRT

Get your favourite fitting Polo Shirt, Tee Shirt or Singlet and grab a tape measure or ruler.

STEP TWO

LAY IT DOWN ON A FLAT SURFACE

with the arms extended and smooth it flat.

STEP THREE

MEASURE DOWN 2.5CM

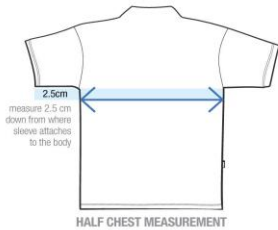
from where the arm is sewn onto the body, give yourself a 'mark'. →

STEP FOUR

HALF CHEST MEASUREMENT

Use this 'mark' you've just made and then measure across the front of the shirt from seam to seam.

TIP: only measure the front, that's why it's called a half chest measurement.



STEP FIVE

SIZING TABLE

Match your half chest measurement to the sizing chart.

STEP SIX

COMPARE AND THINK

Let's say, after measuring, you find your half chest measurement is 58cm then go to the shirt style you are going to choose and associate that cm measurement to the size of the shirt.

Note: If in doubt go a size bigger!



JERSEY SIZING (HALF CHEST)

- 6 = 41cm
- 8 = 43.5cm
- 10 = 46cm
- 12 = 48.5cm
- 14 = 51cm
- S = 53.5cm
- M = 56cm
- L = 58.5cm
- XL = 61cm
- 2XL = 63.5cm
- 3XL = 66cm

BLACK SHORTS SIZING

- 6 = 22cm
- 8 = 24cm
- 10 = 26cm
- 12 = 28cm
- 14 = 30cm
- S = 32cm
- M = 34cm
- L = 36cm
- XL = 38cm
- 2XL = 40cm
- 3XL = 42cm