

Russell Athletic Sizing Guide

Men	S	M	L	XL	XXL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60
Waist	28-30	32-34	36-38	40-42	44-46	48-50	52-54
Neck	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-20½
Sleeve	32½-33	33½-34	34½-35	35-35½	35½-36	36-36½	36½ - 37

Youth	XS (6-7)	S (8-9)	M (10-11)	L (14-16)	XL (18-20)
Chest	24½-26	26½-28	28½-30	30½-33	33½-36
Waist	20½-22	22½-24	24½-26	26½-29	29½-32
Seat	24-25½	25½-27	27½-30	30½-34	34½-37
Height	43-46½	47-52½	51-58½	59-64½	65-68½

Women	XS (0-2)	S (4-6)	M (8-10)	L (12-14)	XL (16-18)	XXL (20)
Bust	31½-33	33½-35	35½-37	37½-40	40½-43	43½-46
Waist	23½-25	25½-27	27½-29	29½-32	32½-35	35½-38
Hips	33½-35	35½-37	37½-39	39½-42	42½-45	45½-48

Body Measurement Methods

Chest: Measure under arms and around the fullest part of your chest, keeping the tape straight across your back.

Waist: Measure around the smallest part of your waistline.

Neck: Measure around the base of your neck. Pull the tape tight enough for a snug but comfortable fit.

Sleeve: Bend elbow and measure from the center of neck on the backside, to the elbow and down to wrist.

Inseam: Measure from the crotch point to ankle bone.

