

# Sizing/Fit Guide

| PHASE                              | 1                  | 2                | 3                                  | 4                  | 5                                    |
|------------------------------------|--------------------|------------------|------------------------------------|--------------------|--------------------------------------|
| WEIGHT                             | LWT<br>LIGHTWEIGHT | MWT<br>MIDWEIGHT | SUPER<br>MWT<br>SUPER<br>MIDWEIGHT | HWT<br>HEAVYWEIGHT | SUPER<br>HWT<br>SUPER<br>HEAVYWEIGHT |
| ATHLETIC FIT                       |                    |                  | ✓                                  | ✓                  | ✓                                    |
| RELAXED FIT                        | ✓                  | ✓                |                                    |                    |                                      |
| QUICK DRY                          | ✓                  | ✓                | ✓                                  | ✓                  | ✓                                    |
| ACCLIMATE® DRY<br>MOISTURE WICKING | ✓                  | ✓                | ✓                                  | ✓                  | ✓                                    |
| Ag+® SILVER<br>ANTI MICROBIAL      | ✓                  | ✓                | ✓                                  | ✓                  | ✓                                    |
| CLEAN SEAM                         | ✓                  | ✓                | ✓                                  | ✓                  | ✓                                    |
| BREATHES                           | ✓                  | ✓                | ✓                                  | ✓                  | ✓                                    |

## WOMEN'S

|       | XSMALL | SMALL   | MEDIUM | LARGE   | XLARGE  |
|-------|--------|---------|--------|---------|---------|
| SIZE  | 0-2    | 4-6     | 8-10   | 12-14   | 16-18   |
| BUST  | 28-30  | 31-33   | 34-36  | 37-39   | 40-42   |
| WAIST | 18-20  | 22-24   | 26-28  | 30-32   | 34-36   |
| HIPS  | 34-35  | 36-37.5 | 38-40  | 40.5-42 | 42.5-46 |

## MEN'S

|       | SMALL | MEDIUM | LARGE | X-LARGE | XX-LARGE |
|-------|-------|--------|-------|---------|----------|
| CHEST | 34-36 | 38-40  | 42-44 | 46-48   | 50-52    |
| WAIST | 28-30 | 32-34  | 36-38 | 40-42   | 44-46    |

## What Size Am I?

Use the chart below to determine the best sizing for you. If you think you could be in-between two sizes we recommend: for a more athletic/tighter fit, ordering the smaller size; for a more relaxed/looser fit, order the larger size. For those who have boarder chest with a smaller waist, we recommend ordering the size based upon your chest measurements.

Sizing Charts also found on each product page.

## How Do I Want It To Fit?

Below are visual representations of the types of fits XGO offers. How a product fits is annotated in the product description of each product, as well as a visual reference on Size/Fit tab.

