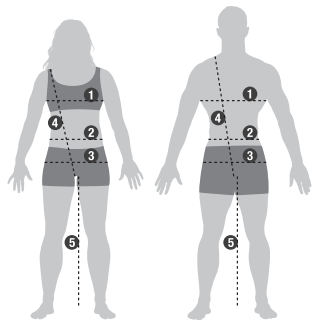


# PROCHEER FEMALE MEASURING & SIZE CHARTS

| AGE           | 0-3 yrs   | 3-4 yrs   | 4-5 yrs   | 6-7 yrs   | 7-8 yrs     | 8-9 yrs     | 10-11 yrs   | 12-13 yrs   |  |  |
|---------------|-----------|-----------|-----------|-----------|-------------|-------------|-------------|-------------|--|--|
| SIZE          | CXS       | CS        | CM        | CL        | YXS         | YS          | YM          | YL          |  |  |
| Chest         | 18.5 - 20 | 20 - 21.5 | 21.5 - 23 | 23 - 24.5 | 24.5 - 26.5 | 26.5 - 27.5 | 27.5 - 28.5 | 28.5 - 29.5 |  |  |
| Waist         | 18 - 19   | 19 - 20   | 19 - 20   | 20 - 21   | 21 - 22     | 22 - 23     | 23 - 24     | 24 - 25     |  |  |
| Hip           | 21 - 22   | 22 - 23   | 23 - 24   | 24 - 25   | 26 - 28     | 29 - 30     | 31 - 32     | 33 - 34     |  |  |
| Girth         | 34-36     | 36-38     | 38-41     | 41 - 44   | 44 - 46     | 46 - 48     | 48 - 50     | 50 - 52     |  |  |
| Sleeve Inseam | 11        | 12        | 13        | 14        | 15          | 16          | 17          | 18          |  |  |
| Pant Inseam   | 16        | 18        | 20        | 22        | 24          | 25          | 26          | 27          |  |  |

| AGE           | 14-16 yrs |         |         |         |         |         |         |         |         |         |
|---------------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| SIZE          | AXS       | AS      | AM      | AL      | AXL     | AXXL    | A3XL    | A4XL    | A5XL    | A6XL    |
| Chest         | 29.5 - 31 | 31 - 33 | 33 -35  | 35 - 37 | 37 - 40 | 40 - 42 | 42 - 44 | 44 - 46 | 46 - 48 | 48 - 50 |
| Waist         | 25 - 26   | 26 -28  | 28 - 29 | 29 - 31 | 31 - 33 | 34 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 |
| Hip           | 35 - 36   | 37 - 38 | 39 - 40 | 41 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 53 | 54 - 56 | 57 - 59 |
| Girth         | 52 - 54   | 54 - 56 | 56 - 59 | 59 - 62 | 61 - 64 | 63 - 66 | 65 - 68 | 67 - 70 |         |         |
| Sleeve Inseam | 18.5      | 19      | 19.5    | 20      | 20.5    | 21      | 21.5    | 22      |         |         |
| Pant Inseam   | 28        | 29      | 30      | 31      | 32      | 32      | 33      | 33      | 34      | 34      |

## WHERE TO MEASURE



1

**Chest Measurement:**  
Under arm pits, take a deep breath and hold arms out at shoulder height in a "T" position.

2

**Waist Measurement:**  
Take at the "natural" waist line (around belly button).

3

**Hip Measurement:**  
With feet together, take around the fullest part of the hips and buttocks.

4

**Girth Measurement:**  
Take from centre of shoulder, down and across to opposite crotch, then back to shoulder.

5

**Inseam Measurement:**  
In bare feet, take from crotch down to one inch from floor.



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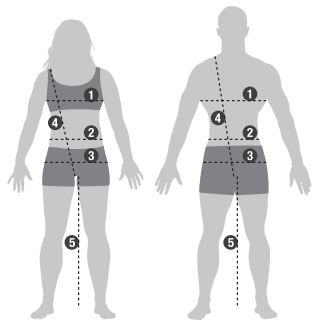
PROCheer. All rights reserved. This sizing chart should only be used as a general guideline since 'fit' will vary greatly from person to person. Please use our "Pro Fitters" for getting the best fit possible. Available for a fee (fee includes shipping, handling and washing of garments upon return) and a limited time, you can use these "Pro Fitters" to size all athletes for the most optimal fit. Please call or email to request a set of "Pro Fitters".

# PROCHEER MALE MEASURING & SIZE CHARTS

| AGE           | 0-3 yrs | 3-4 yrs | 4-5 yrs | 6-7 yrs | 7-8 yrs | 9-11 yrs  | 11-13 yrs | 14 yrs & up |
|---------------|---------|---------|---------|---------|---------|-----------|-----------|-------------|
| SIZE          | CXS     | CS      | CM      | CL      | YXS     | YS        | YM        | YL          |
| Chest         | 19 - 20 | 20 - 22 | 22 - 24 | 24 - 26 | 27 - 29 | 29 - 31   | 31 - 33   | 33 - 35     |
| Waist         | 18 - 19 | 19 - 20 | 20 - 21 | 21 - 22 | 22 - 24 | 24 - 26   | 26 - 28   | 28 - 30     |
| Hip           | 19 - 20 | 20 - 22 | 22 - 24 | 24 - 26 | 26 - 28 | 28.5 - 30 | 30.5 - 32 | 32.5 - 34   |
| Sleeve Inseam | 11      | 12      | 13      | 14      | 16      | 17        | 18        | 19          |
| Pant Inseam   | 16      | 18      | 20      | 22      | 24      | 26        | 27        | 28          |

| SIZE          | AXS     | AS      | AM      | AL      | AXL     | AXXL    | A3XL    | A4XL    |
|---------------|---------|---------|---------|---------|---------|---------|---------|---------|
| Chest         | 35 - 38 | 38 - 41 | 41 - 44 | 44 - 47 | 47 - 50 | 50 - 53 | 53 - 56 | 56 - 59 |
| Waist         | 29 - 32 | 32 - 35 | 35 - 38 | 38 - 41 | 41 - 44 | 44 - 47 | 47 - 50 | 50 - 53 |
| Hip           | 35 - 37 | 38 - 40 | 41 - 43 | 44 - 46 | 47 - 49 | 50 - 52 | 53 - 55 | 56 - 58 |
| Sleeve Inseam | 20      | 20.5    | 21      | 21.5    | 22      | 22      | 23      | 23      |
| Pant Inseam   | 29.5    | 30      | 30.5    | 31      | 31.5    | 32      | 32.5    | 33      |

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