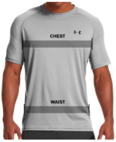
UNDER ARMOUR SIZE & FIT GUIDE

Men's Tops



	CHEST (in)	WAIST (in)
SM	34-36	28-29
MD	38-40	30-32
LG	42-44	34-36
XL	46-48	38-40
XXL	50-52	42-44
3XL	52-54	44-46
4XL	54-56	46-48
5XL	56-58	48-50

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.

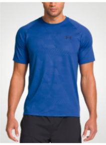
Men's Bottoms

	WAIST (in)
SM	28-29
MD	30-32
LG	34-36
XL	38-40
XXL	42-44
3XL	44-46
4XL	46-48
5XL	48-50

How To Measure

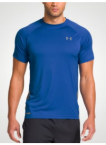
WAIST: Measure around your natural waistline—right above your hips. Be careful not to squeeze too tight to allow a little give.

Men's Fit Guide



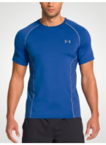
Loose

Fuller cut for complete comfort, total range of motion & greater breathability.



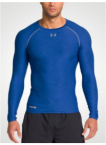
Fitted

A slimmer, athletic cut that allows total mobility but eliminates the bulk of extra fabric.



Baselayer Fitted

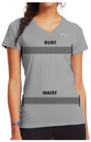
Next-to-skin fit that wicks sweat fast but doesn't have the squeeze of compression.



Compression

Ultra-tight, second-skin fit that keeps you locked in & makes you feel like you can do anything.

Women's Tops



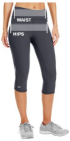
	US SIZES	BUST (in)	WAIST (in)
XS	0-2	31-33	23-25
SM	4-6	33½-35½	25½-27½
MD	8-10	36-38	28-30
LG	12-14	38½-40½	30½-32½
XL	16	41-43	33-35
XXL	18	44-46	36-38

How To Measure

BUST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

Women's Bottoms



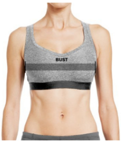
	US SIZES	WAIST (in)	HIP (in)
XS	0-2	23-25	33-35
SM	4-6	25½-27½	35½-37½
MD	8-10	28-30	38-40
LG	12-14	30½-32½	40½-42½
XL	16	33-35	43-45
XXL	18	36-38	46-48

How To Measure

WAIST: Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

HIPS: With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably

Sports Bras

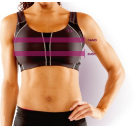


	BUST (in)
XS	28
SM	30-32
MD	34-36
LG	36-38
XL	38-40
XXL	40-42

How To Measure

BUST: First, find your bust size by measuring around the fullest part of the chest while wearing a bra with little to no extra padding. If you don't have a tape measure, use a string and measure it against a ruler. Find your measurement on the size chart to determine your ideal UA sports bra size.

Armour Bra



Band Size Chart

MEASUREMENT (in)	BAND SIZE
27	30
28	32
29	32
31	32
32	34
33	34
34	36
35	36
36	36
37	38
38	38

Cup Size Chart

	SIZES	DIFFERENCE
🟨	A	1 inch
🟦	B	2 inches
🟥	C	3 inches
🟥	D	4 inches
🟪	DD	5 inches

How To Measure

BAND SIZE: Keeping the measuring tape parallel, measure around your bra directly under your bust. Round this measurement UP to the nearest EVEN number. EX 27.5" = 28"

CUP SIZE: While wearing a non-padded bra, keep the tape parallel & measure at the fullest part of your bust. Round this measurement UP the nearest WHOLE number. Subtract BAND size from BUST size to find your CUP size. EX 32" - 28"

Women’s Fit Guide

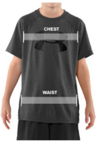
Loose
Fuller, more generous cut for enhanced range of motion & an effortlessly relaxed fit.

Semi-Fitted
A slimmer, athletic cut that delivers optimal mobility by eliminating the bulk of extra fabric.

Fitted
Sits close to the skin for a streamlined fit without the squeeze of compression.

Compression
Ultra-tight, second-skin fit that locks you in & makes you feel like you can do anything.

Boys’



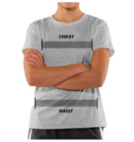
	US SIZES	CHEST (in)	WAIST (in)	HEIGHT (in)
YXS	7	25-26	22-23	48-50
YSM	8	26-28	23-24	50-54
YMD	10-12	28-30	25-26	54-59
YLG	14-16	30-32	26-27	59-63
YXL	18-20	32-34	28-29	63-67

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline-right above your hips. Be careful not to squeeze too tight to allow a little give.

Girls'



	US SIZES	CHEST (in)	WAIST (in)	HEIGHT (in)
YXS	7	25-26	22-23	48-50
YSM	8	26-28	23-24	50-54
YMD	10-12	28-30	25-26	54-59
YLG	14-16	30-32	26-27	59-63
YXL	18-20	32-34	28-29	63-67

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

Little Boys'

US SIZES	Chest (in)	Waist (in)	Height (in)
4	23-24	21¼	40-42
5	23-24	21¾	42-45
6	25-26	22	45-48
7	25-26	22-23	48-51

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

WAIST: Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

Little Girls'

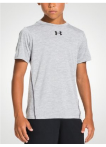
US SIZES	Chest (in)	Waist (in)	Height (in)
4	23-24	21¼	40-42
5	25-26	21¾	42-45
6	26-27	22	45-48
6x	27-28	22-23	48-49

How To Measure

CHEST: Place the tape measure under your arms at the fullest part of your chest, wrap around your body until your fingers meet and mark the measurement.

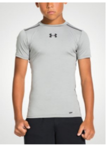
WAIST: Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

Boys' Fit Guide



Loose

Full, loose fit for enhanced range of motion & breathable comfort no matter where your workout takes you.



Fitted

Sits close to the skin for a streamlined fit without the squeeze of compression.

Girls' Fit Guide

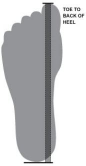
Loose

Full, loose fit for enhanced range of motion & breathable comfort no matter where your workout takes you.

Fitted

Sits close to the skin for a streamlined fit without the squeeze of compression.

Men’s Shoes



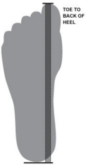
How To Measure

FOOT:We start with the true foot, which means we measure from heel to toe. That measurement (in centimeters) is then translated into our standard sizes.

To find your foot measurement closely trace your entire foot onto a piece of paper and measure from heel to toe. If your measurement is between chart numbers, we recommend sizing up.

US Men	Inches	CM	Euro	UK
7	9⅞	25	40	6
7.5	10	25.5	40.5	6.5
8	10⅛	26	41	7
8.5	10⅜	26.5	42	7.5
9	10⅝	27	42.5	8
9.5	10¾	27.5	43	8.5
10	11	28	44	9
10.5	11⅛	28.5	44.5	9.5
11	11⅜	29	45	10
11.5	11⅝	29.5	45.5	10.5
12	11¾	30	46	11
12.5	12	30.5	47	11.5
13	12⅛	31	47.5	12
13.5	12¼	31.5	48	12.5
14	12⅝	32	48.5	13
14.5	12⅞	32.5	49	13.5
15	13	33	49.5	14
15.5	13⅛	33.5	50	14.5
16	13¼	34	50.5	15

Women’s Shoes



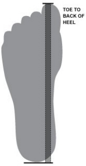
How To Measure

FOOT:We start with the true foot, which means we measure from heel to toe. That measurement (in centimeters) is then translated into our standard sizes.

To find your foot measurement closely trace your entire foot onto a piece of paper and measure from heel to toe. If your measurement is between chart numbers, we recommend sizing up.

US Women	Inches	CM	Euro	UK
5	8¾	22	35.5	2.5
5.5	8⅞	22.5	36	3
6	9⅛	23	36.5	3.5
6.5	9¼	23.5	37.5	4
7	9⅜	24	38	4.5
7.5	9⅝	24.5	38.5	5
8	9¾	25	39	5.5
8.5	10	25.5	40	6
9	10⅛	26	40.5	6.5
9.5	10⅜	26.5	41	7
10	10⅝	27	42	7.5
10.5	10¾	27.5	42.5	8
11	11	28	43	8.5
11.5	11⅛	28.5	44	9
12	11⅜	29	44.5	9.5

Kid’s Shoes



How To Measure

FOOT:We start with the true foot, which means we measure from heel to toe. That measurement (in centimeters) is then translated into our standard sizes.

US Youth	Inches	CM	Euro	UK
2K	3⅛	8	17.5	1.5
3K	3½	9	18.5	2.5
4K	4	10	19.5	3.5
5K	4¼	11	21	4.5
6K	4⅝	12	22	5.5
7K	5⅛	13	23.5	6.5
8K	5½	14	25	7.5
9K	5¾	15	26	8.5
10K	6¼	16	27	9.5
10.5K	6⅝	16.5	27.5	10
11K	6¾	17	28	10.5
11.5K	7	17.5	29	11
12K	7¼	18	29.5	11.5

To find your foot measurement closely trace your entire foot onto a piece of paper and measure from heel to toe. If your measurement is between chart numbers, we recommend sizing up. Be sure you're putting your full weight on your foot while tracing. Please note: for the best results, measuring later in the day is recommended.

12.5K	7⅛	18.5	30	12
13K	7⅝	19	31	12.5
1	7¾	20	32	13.5
1.5	8	20.5	33	1
2	8¼	21	33.5	1.5
2.5	8⅛	21.5	34	2
3	8⅝	22	35	2.5
3.5	8¾	22.5	35.5	3
4	9	23	36	3.5
4.5	9¼	23.5	36.5	4
5	9¼	24	37.5	4.5
5.5	9½	24.5	38	5
6	9½	25	38.5	5.5
6.5	9⅝	25.5	39	6
7	9¾	26	40	6

Headwear

How To Measure

HEAD: To figure out your UA fitted hat size, measure the circumference of your head where your hat will rest. If you don't have a tape measure, use a string and measure it against a ruler. Find your measurement on the size chart to determine your ideal UA hat size

ADJUSTABLE CAP SIZE

	Head (in)
MEN'S OSFA	22-23½
WOMEN'S OSFA	21¼-22¾
YOUTH OSFA	20⅞-22⅝

STRETCH-FIT

	Head (in)
S/M	20⅞-21½
M/L	22-23
L/XL	23-24¼
XL/XXL	24¼-25½

FITTED

US Sizes	Head (in)
6⅝	20⅞
6¾	21¼
6⅞	21⅝
7	22
7⅛	22⅝
7¼	22¾
7⅜	23
7½	23½
7⅝	23⅞
7¾	24¼
7⅞	24¾
8	25⅛
8⅛	25½

Gloves

PALM TO FINGER

How To Measure

HANDS: On your dominant hand, measure from the base of your palm to the tip of your middle finger then use the chart to find your ideal UA glove size. You can also measure the circumference of your palm right under your fingers.

MEN'S

Sizes	Palm to Finger
XS	6¾-7
SM	7-7¼
MD	7¼-7½
LG	7½-7¾
XL	7¾-8
XXL	8-8¼

WOMEN'S

Sizes	Palm to Finger
XS	5¾-6¼
SM	6¼-6½
MD	6½-6¾
LG	6¾-7
XL	7-7¼

YOUTH

Sizes	Palm to Finger
YSM	6¼-6½
YMD	6½-6¾
YLG	6¾-7

Socks

	Youth
YMD	10½-13½
YLG	1-4

	Men	Women
MD	4-8½	7-10½
LG	9-12½	11-13
XL	13-16	

How To Measure

Sock sizes are based on US shoe size.