



## HOW TO MEASURE

### CHEST

Measure 1" under the armpit, across the fullest part of the chest, laid flat from seam to seam

### BODY

Measure from the highest point of the shoulder to the very bottom of the shirt

### SLEEVE

Measure from the shoulder seam to the end of the sleeve opening.

| MEN    | S    | M    | L     | XL   | 2XL   | 3XL  | 4XL   | 5XL   |
|--------|------|------|-------|------|-------|------|-------|-------|
| CHEST  | 20   | 21.5 | 22.75 | 24.5 | 26.75 | 28.5 | 31    | 32.5  |
| BODY   | 27   | 28   | 30    | 31   | 32    | 33   | 34.5  | 35.5  |
| SLEEVE | 9.75 | 10.5 | 11    | 11.5 | 12.25 | 13   | 14.25 | 14.25 |

| WOMEN  | S     | M     | L    | XL    | 2XL   | 3XL   |
|--------|-------|-------|------|-------|-------|-------|
| CHEST  | 18.5  | 20    | 21.5 | 22.75 | 24.25 | 25.75 |
| BODY   | 25.25 | 26.25 | 27.5 | 28.75 | 29.75 | 30.75 |
| SLEEVE | 7.5   | 8     | 8.5  | 8.75  | 9     | 9.5   |

**ALL ZEALLO GEAR JERSEYS ARE HAND CUT AND SEWN.  
 SIZING MAY FLUCTUATE 0.5 INCH TO 1 INCH IN SIZE.**