

Welcome to Team In Training!

To find your perfect fit, take a shirt you already own and lay it flat. Measure it across the chest, just under the arms. For women's sizes, also measure across the most narrow section of the waist. Compare these results with the measurements below.



Women's V-Neck T-Shirt

Size	XS	S	M	L	XL	2XL	3XL	4XL
Chest Width	17"	18"	19"	20"	22"	23"	24"	25"
Waist Width	17"	17"	18"	20"	22"	23"	24"	25"
Body Length	23"	24"	25"	27"	28"	29"	31"	32"
Sleeve Length	6"	7"	8"	8"	9"	10"	10"	10"
Neck Width	6"	7"	7"	7"	8"	8"	8"	8"



Men's Crew Neck T-Shirt

Size		S	M	L	XL	2XL	3XL	4XL
Chest Width		20"	21"	23"	24"	26"	27"	29"
Body Length		28"	29"	30"	31"	32"	33"	35"
Sleeve Length		10"	11"	11"	12"	12"	12"	12"
Neck Width		7"	7"	8"	8"	8"	8"	9"



Women's Racerback Singlet

Size	XS	S	M	L	XL	2XL	3XL	4XL
Chest Width	15"	16"	17"	18"	20"	21"	22"	23"
Waist Width	20"	22"	23"	25"	26"	27"	28"	29"
Body Length	25"	25"	26"	27"	28"	29"	30"	30"



Men's Tank Singlet

Size		S	M	L	XL	2XL	3XL	4XL
Chest Width		18"	19"	21"	23"	25"	27"	29"
Body Length		28"	29"	30"	32"	34"	35"	37"