

**MEASURING INSTRUCTIONS:** Sizing is important for optimal performance and the most comfortable fit. Find the size that's right for you by measuring the specified body part (un-flexed) outlined below. If you are between sizes or have a mixture of measurements that don't quite match up, we recommend favoring the larger size.

### SHORTS, KNICKERS + TIGHTS

Lie tape measure flat around your waist.  
Measuring over belly button.

SIZE	1	2	3	4	5	6	7
<b>UNISEX</b>	XS	S	M	L	XL	XXL	XXXL
WAIST (IN)	23-25	25-27	27-30	30-33	33-36	36-39	>39

### QUAD SLEEVES

Measure the circumference of the fullest part of your thigh.

<b>UNISEX</b>	XS	S	M	L	XL	XXL	
THIGH (IN)	17.5-20.5	19.5-22.5	21.5-24	23.5-25	24.5-26	25.5-28	

### KNEE SLEEVES

Measure the circumference 2" above the knee cap.

<b>UNISEX</b>		S	M	L	XL	XXL	XXXL
KNEE (IN)		<10	10-13	13-16	16-18.5	18.5-21.5	>21.5

### CALF SLEEVES

Measure the calf circumference at the widest part.

<b>UNISEX</b>	XS	S	M	L	XL	XXL	
CALF (IN)	<12	12-13.5	13.5-15	15-16.5	16.5-18	18-20	

### ARM + ELBOW SLEEVES

Cross reference the measurement around the widest part of your bicep with the widest part of your forearm, about 2" below the elbow.

<b>UNISEX</b>	XS	S	M	L	XL	XXL	
BICEP (IN)	6-8	8-11.5	10-13.5	12-15.5	14-17.5	16-19.5	
FOREARM (IN)	5-7	7-10.5	9-12.5	11-14.5	13-16.5	15-18.5	

### SOCKS

Measure the calf circumference at the widest part.

<b>UNISEX</b>		SIZE 2	SIZE 3	SIZE 4	SIZE 5		
CALF (IN)		12-13.5	13.5-15	15-16.5	16.5-18		

QUESTIONS ON SIZING? HIT US UP.  
INFO@PLAYHARDER.COM  
P: 800.507.6971

THIS SIZE CHART IS OUR SUGGESTED GUIDELINE BUT EVERY SHAPE IS UNIQUE.  
ALWAYS FAVOR YOUR COMFORT OVER THE SUGGESTED MEASUREMENTS.

