

Vastrm Measurement Guide & Size Chart



Half-Chest Measurement:

Place measuring tape approximately 2" from the bottom of the arm hole seam. Measure straight across chest to opposite side. For full chest, multiply by two.



Half-Waist Measurement:

Place measuring tape approximately 4" from the bottom of the hem of the shirt. Measure straight across waist to opposite side. For full waist, multiply by two.



Front-Length Measurement:

Pop collar and place measuring tape at seam of collar and shoulder. Pull measure tape straight down to bottom hem of the shirt.



Sleeve-Length Measurement:

Place measuring tape on edge of sleeve opening. Measure up to the seam where sleeve and shoulder meet.



Shoulder-Width Measurement:

Measure from outer edge of shoulder seam, across upper back/shoulders, to opposite shoulder seam.

Size/Fit Chart Inches ▾

MEASUREMENT		XS	S	M	L	XL	2XL	3XL	4XL
Full chest	SLIM	34.6	37.4	40.2	42.9	45.7	48.4	51.2	53.9
	SPORT	35.4	38.6	41.7	44.9	48	51.2	54.3	57.5
	RELAXED	42	44	46	48	50	52	53.9	55.9
Front length	SLIM	26.8	27.6	28.3	29.1	29.9	30.7	31.5	32.3
	SPORT	26.8	27.6	28.3	29.1	29.9	30.7	31.5	32.3
	RELAXED	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5
Sleeve across	SLIM	6.9	7.5	8.1	8.7	9.3	9.8	10.4	11
	SPORT	8.5	8.9	9.3	9.6	10	10.4	10.8	11.2
	RELAXED	8.9	9.3	9.6	10	10.4	10.7	11.1	11.5
Shoulder width	SLIM	15.7	16.5	17.3	18.1	18.9	19.7	20.5	21.3
	SPORT	16	17.4	18.1	19.5	20.3	21.7	22.5	23.9
	RELAXED	17	18	19	20	21	22	23	24
Full waist	SLIM	34.3	37	39.8	42.5	45.3	48	50.8	53.5
	SPORT	35.4	38.6	41.7	44.9	48	51.2	54.3	57.5
	RELAXED	42	44	46	48	50	52	53.9	55.9
Sleeve length	SLIM	6.9	7.5	8	8.7	9.3	9.8	10.4	11
	SPORT	8.5	8.9	9.3	9.6	10	10.4	10.8	11.2
	RELAXED	10.3	10.5	10.7	11	11.3	11.5	11.7	12
Neck width	SLIM	5.9	6.3	6.7	7.1	7.5	7.9	8.3	8.3
	SPORT	6.5	6.9	6.9	7.5	7.5	8.1	8.1	8.1
	RELAXED	6	6.3	6.5	6.7	7	7.2	7.5	7.5