



Fit Guide applies to jackets, vests and arm warmers.  
All measurements, apart from weight, are listed in inches.

## Tops//Bottoms

SIZE	WAIST	CHEST	WEIGHT	HEIGHT
X Small	26-29	33-35	100-120	Up to 64
Small	29-32	35-38	120-145	64-68
Medium	32-35	38-41	145-165	66-70
Large	35-38	41-43	165-180	68-72
X Large	38-42	43-46	180-210	70-76
2X Large	42-46	46-49	210-240	74+
3X Large	46-51	50-52	240-260	74+

## Arm Warmers

SIZE	BICEP*	LENGTH
Small	9-11	16.75
Medium	11-13	17.5
Large	13-15	18.25
X Large	15-16	19

\*Unflexed Bicep Circumference

Primal apparel is engineered for the highest possible performance. To take full advantage of the technical properties of your Primal apparel, it should fit close to the body so that moisture is effectively transported away from the skin to help keep you cool and dry.

For a looser fitting jersey, please order one size up from the size shown in the size chart.