

**IMPORTANT:** Please reference the size table AND fit guidelines by style to ensure best fit.

~ FIT GUIDELINES BY STYLE

<b>OTW</b>	OTW line recommend fit: <b>Second skin fit</b>	Second skin fit = stay true to chart	 OR 	Tight, very trim = size up one size
<b>PRO</b>	PRO line recommend fit: <b>Tight, trim fit</b>	Tight, trim fit = stay true to chart	 OR 	Semi-tight, trim = size up one size
<b>TEAM</b>	TEAM line recommend fit: <b>Semi-tight fit</b>	Semi-tight fit = stay true to chart	 OR 	Semi-loose, less trim = size up one size

**MENS SIZE CHART**

Size	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	2XL	3XL	4XL
Chest	33 - 35"	35 - 38"	38 - 40"	40 - 42"	42 - 44"	44 - 46"	46 - 48"	48"+
Waist	26 - 28"	29 - 31"	32 - 34"	35 - 37"	38 - 41"	42 - 45"	46 - 50"	51"+
Hip	34 - 36"	36 - 38"	38 - 40"	40 - 43"	43 - 46"	46 - 49"	49 - 52"	53"+

**WOMENS SIZE CHART**

Size	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	2XL	3XL	4XL
Chest	30 - 32"	32 - 34"	34 - 36"	36 - 38"	38 - 41"	41 - 43"	43 - 45"	46"+
Waist	22 - 24"	25 - 27"	27 - 29"	30 - 32"	33 - 35"	36 - 38"	39 - 41"	42"+
Hip	31 - 33"	34 - 35"	36 - 38"	39 - 41"	42 - 44"	45 - 47"	48 - 50"	51"+

*Have a sizing question?*

Call: 1-800-354-2825

Email: [info@mtborah.com](mailto:info@mtborah.com)

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**IMPORTANT:** Please reference the size table AND fit guidelines by style to ensure best fit.

~ FIT GUIDELINES BY STYLE

Nordic  
**YOUTH**

YOUTH line recommend fit:  
**Semi-tight fit**

Semi-tight fit  
= stay true to chart

|  
**OR**  
|

Room to grow  
= size up one size

**MENS SIZE CHART**

Size	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	2XL*
Chest	24 - 26"	26 - 29"	29 - 31"	31 - 33"	31 - 35"	35 - 37"
Waist	19 - 21"	21 - 22"	22 - 24"	24 - 26"	26 - 28"	28 - 30"
Hip	24 - 26"	26 - 27"	28 - 30"	31 - 33"	34 - 35"	35 - 36"
Age Range	4 - 5	6 - 7	8 - 9	10 - 11	12 - 13	14 - 15

\*In some cases, it's best to move into adult products when considering a 2XL youth suit.

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