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Club Warehouse Sizing Chart

- **75% of the population should begin with the "Original Strength" before advancing to the "Plus Strength".**
- **Large individuals may require the "Plus Strength" regardless of activity level to better support the chest area.**
- **The sizing chart does not take into account body type. If your height and weight put you near the boundary of two different sizes on the chart, those that are “tall and thin” should choose the smaller size, whereas those who are “short and stocky” should choose the larger size.**

	lbs	70	80	90	99	110	121	132	141	150	160	170	180	190	200	209	220	231	240
	KG	32	36	41	45	50	55	60	64	68	73	77	82	86	91	95	100	105	109
4'8"	142 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'9"	145 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'10"	147 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'11"	150 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'	152 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'1"	155 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'2"	157 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'3"	160 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'4"	163 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'5"	165 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'6"	168 CM	-	-	-	M	M	M	M	M	M	M	L	L	L	L	L	XL	XL	XL
5'7"	170 CM	-	-	-	M	M	M	M	M	M	M	L	L	L	L	L	XL	XL	XL
5'8"	173 CM	-	-	-	M	M	M	M	M	M	M	L	L	L	L	L	XL	XL	XL
5'9"	175 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'10"	178 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'11"	180 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'	183 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'1"	185 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'2"	188 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'3"	190 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'4"	193 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL