



Total Spirit
PERFORMANCE FASHION

Unisex Jogger Size Guideline

Our jogger is made from a medium weight 2 way stretch knit fabric. This size chart shows our suggested size based on the body's waist measurement. To find the body's "True Waist" measurement use a tape measure to measure the circumference of the waist at its narrowest point, usually just above the belly-button. This is approximately where the height of the jogger rise will come to, with some variances of course for different body types. For a close, athletic fit you will generally want to choose a size that has a garment waist about 2-4 inches smaller than you body's waist measurement.

	CXS	CS	CM	CL	XS	S	M	L	XL	2XL	3XL
Suggested - True Waist body measurement	19"-22"	22"-25"	24"-26"	26"-28"	28"-30"	30"-32"	32"-34"	34"-37"	37"-40"	40"-43"	43"-46"