

# TRAINING KIT

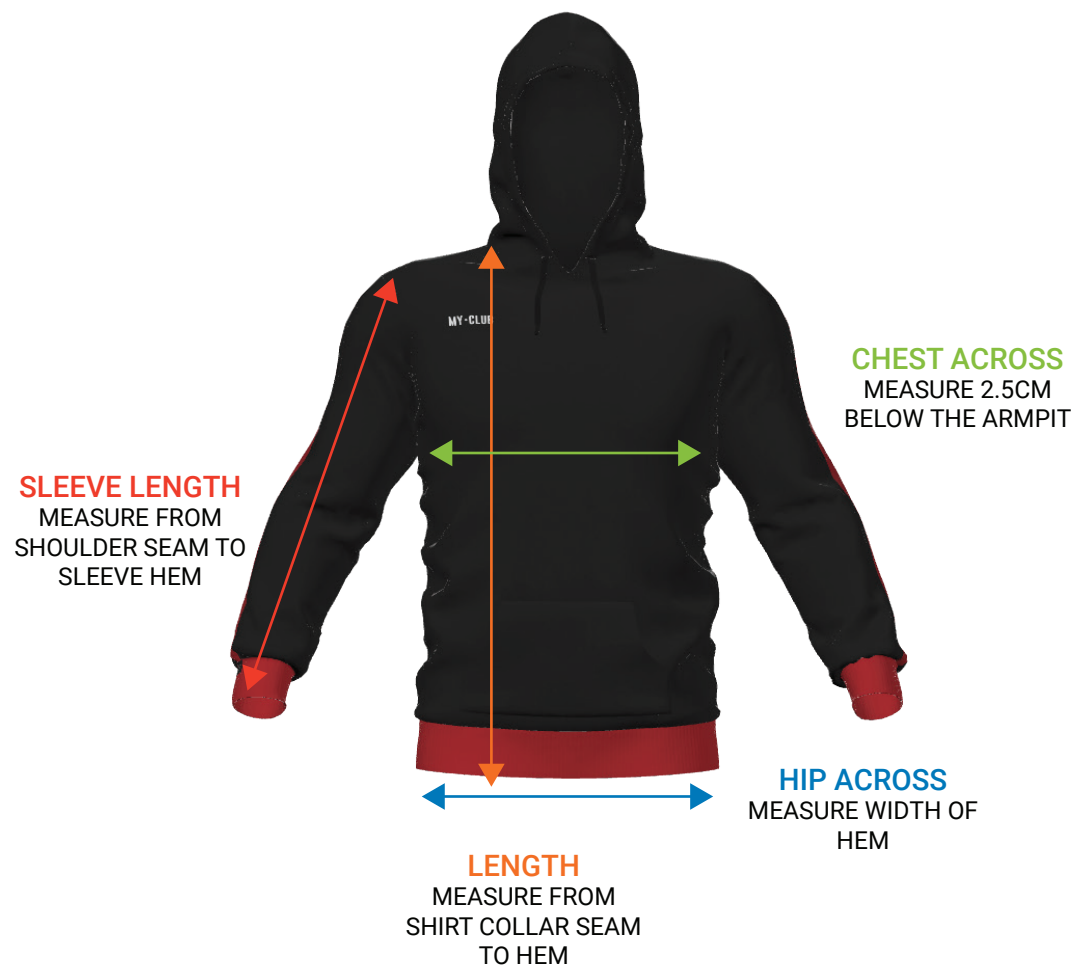
## SIZE GUIDE

MY • CLUB

### MENS HOODIE SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	54	75	52	65.5
M	57	76	55	66.5
L	60	77	58	67.5
XL	63	78	61	68.5
2XL	66	79	64	69.5
3XL	69	80	67	70.5
4XL	72	81	70	71.5



#### HOW TO MEASURE

1. Find a hoodie you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### WOMENS HOODIE SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
6	47	62	47	58
8	48	62.5	48	58.5
10	50.5	63.5	50.5	59
12	53	64.5	53	60
14	55.5	65.5	55.5	61
16	58	66.5	58	62
18	60.5	67.5	60.5	63
20	63	68.5	63	64



#### HOW TO MEASURE

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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### YOUTH HOODIE SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
4XSY	35	48	33	45
3XSY	38	52	36	47.5
2XSY	41	56	39	50
XSY	44	60	42	52.5
SY	46	64	44	55
MY	48	66	46	57.5
LY	50	68	48	60
XLY	52	71	50	62.5



#### HOW TO MEASURE

1. Find a hoodie you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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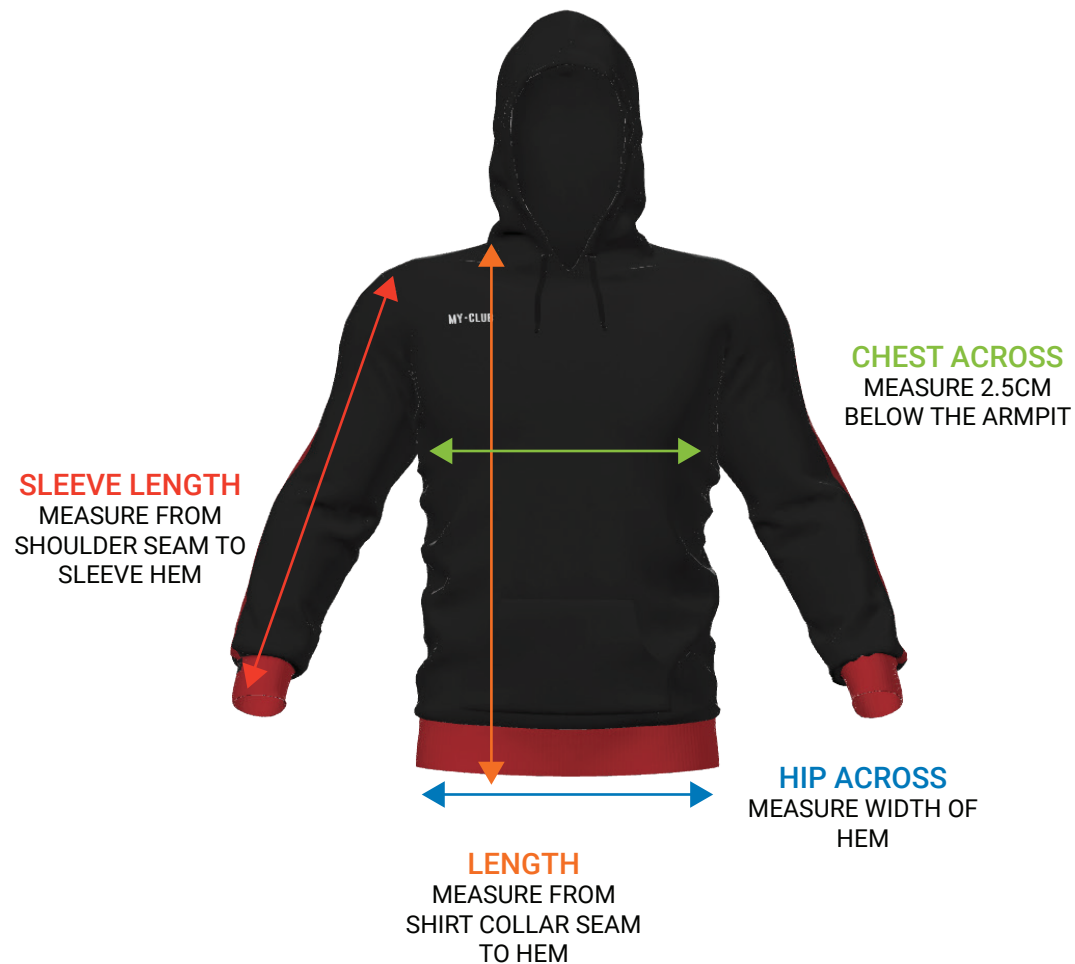
## SIZE GUIDE

MY • CLUB

### ADULT SLIM FIT HOODIE SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	51	69	45	65.5
M	54	70	48	66.5
L	57	71	51	67.5
XL	60	72	54	68.5
2XL	63	73	57	69.5
3XL	66	74	60	70.5
4XL	69	75	63	71.5



#### HOW TO MEASURE

1. Find a hoodie you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### MENS 1/4 & FULL ZIP TOP SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	54	75	52	66
M	57	76	55	67
L	60	77	58	68
XL	63	78	61	69
2XL	66	79	64	70
3XL	69	80	67	71
4XL	72	81	70	72

**SLEEVE LENGTH**  
MEASURE FROM  
SHOULDER SEAM TO  
SLEEVE HEM



**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM  
SHIRT COLLAR SEAM  
TO HEM

**HIP ACROSS**  
MEASURE WIDTH OF  
HEM

#### HOW TO MEASURE

1. Find a 1/4 zip top you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### WOMENS 1/4 & FULL ZIP TOP SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
6	47	62	47	58
8	48	62.5	48	58.5
10	50.5	63.5	50.5	59
12	53	64.5	53	60
14	55.5	65.5	55.5	61
16	58	66.5	58	62
18	60.5	67.5	60.5	63
20	63	68.5	63	64

**SLEEVE LENGTH**  
MEASURE FROM  
SHOULDER SEAM TO  
SLEEVE HEM



**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM  
SHIRT COLLAR SEAM  
TO HEM

**HIP ACROSS**  
MEASURE WIDTH OF  
HEM

#### HOW TO MEASURE

1. Find a 1/4 zip top you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### YOUTH 1/4 & FULL ZIP TOP SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
4XSY	35	48	33	45
3XSY	38	52	36	47.5
2XSY	41	56	39	50
XSY	44	60	42	52.5
SY	46	64	44	55
MY	48	66	46	57.5
LY	50	68	48	60
XLY	52	71	50	62.5

**SLEEVE LENGTH**  
MEASURE FROM  
SHOULDER SEAM TO  
SLEEVE HEM



**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM  
SHIRT COLLAR SEAM  
TO HEM

**HIP ACROSS**  
MEASURE WIDTH OF  
HEM

#### HOW TO MEASURE

1. Find a 1/4 zip top you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### ADULT SLIM FIT 1/4 & FULL ZIP TOP SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	51	69	45	68
M	54	70	48	69
L	57	71	51	70
XL	60	72	54	71
2XL	63	73	57	72
3XL	66	74	60	73
4XL	69	75	63	74

**SLEEVE LENGTH**  
MEASURE FROM  
SHOULDER SEAM TO  
SLEEVE HEM



**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM  
SHIRT COLLAR SEAM  
TO HEM

**HIP ACROSS**  
MEASURE WIDTH OF  
HEM

#### HOW TO MEASURE

1. Find a 1/4 zip top you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.



# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### MENS STANDARD FIT TRACK BOTTOMS SIZE GUIDE:

\*All measurements are in cm

SIZE	WAIST RELAXED	LENGTH (OUTSIDE LEG)	FRONT RISE	BACK RISE	LEG OPENING
S	32	104	28	36.5	20
M	34	105	29	38	21
L	36	106	30	39	22
XL	40	107	31	40	22.5
2XL	44	108	32	41.5	23.5
3XL	48	109	33	43	24
4XL	52	110	34	44	25



**LENGTH**  
MEASURE THE OUTSIDE OF THE LEG SEAM

**FRONT RISE**  
MEASURE FROM THE FRONT WAIST BAND TO CROTCH

**WAIST RELAXED**  
MEASURE WAIST BAND ON A FLAT SURFACE DO NOT STRETCH

**BACK RISE**  
MEASURE FROM THE BACK WAIST BAND TO CROTCH

**LEG OPENING**  
MEASURE THE BOTTOM OF THE HEM

#### HOW TO MEASURE

1. Find a pair of track bottoms you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

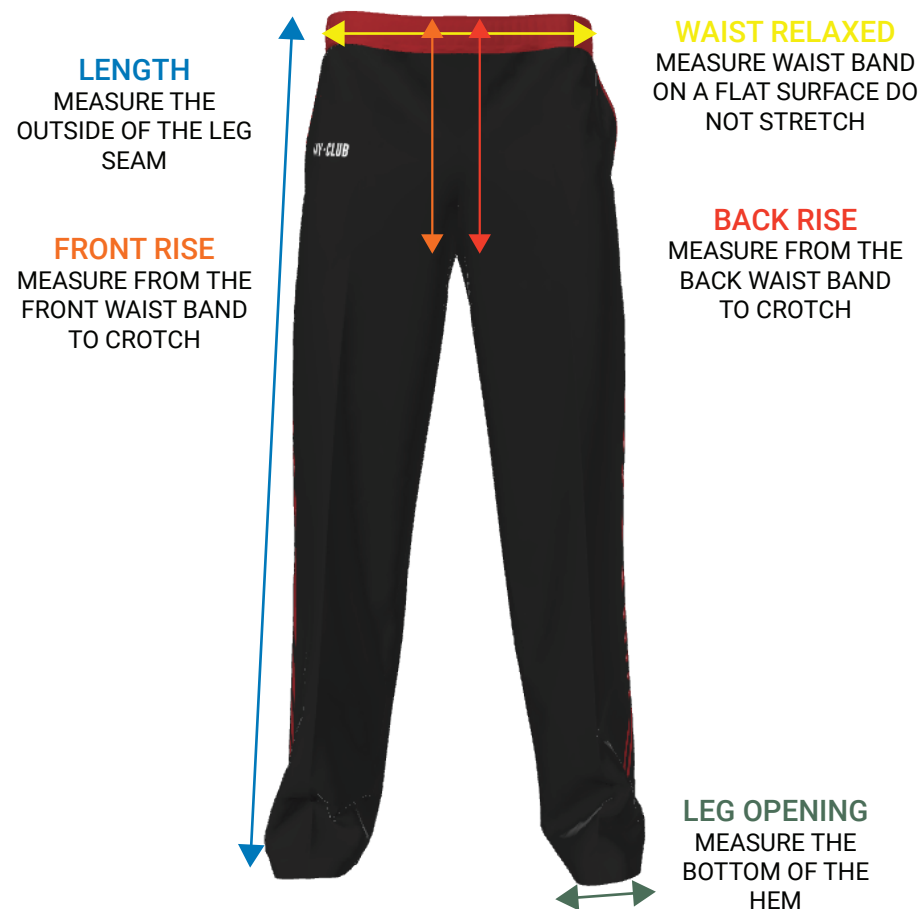
## SIZE GUIDE

**MY • CLUB**

### WOMENS STANDARD FIT TRACK BOTTOMS GUIDE:

\*All measurements are in cm

SIZE	WAIST RELAXED	LENGTH (OUTSIDE LEG)	FRONT RISE	BACK RISE	LEG OPENING
6	30	99.5	26.5	34	18
8	31	100	27	34.5	18.5
10	33.5	100.5	28	36	19
12	36	101	29	37	20
14	38.5	102	30	38	21
16	41	103	31	39.5	21.5
18	43.5	104	32.5	41.5	22.5
20	46	105	34	43.5	24



#### HOW TO MEASURE

1. Find a pair of track bottoms you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### YOUTH STANDARD FIT TRACK BOTTOMS SIZE GUIDE:

\*All measurements are in cm

SIZE	WAIST RELAXED	LENGTH (OUTSIDE LEG)	FRONT RISE	BACK RISE	LEG OPENING
4XSY	24.5	53	21	28	14
3XSY	25.5	60	22	29.5	15
2XSY	27	67	23	30.5	16
XSY	28	74	24	32	17
SY	29	81	25	33.5	18
MY	30.5	88	26	35	19
LY	31.5	95	27	36.5	20
XLY	33	102	28	38	21



#### HOW TO MEASURE

1. Find a pair of track bottoms you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### ADULT SKINNY FIT TRACK BOTTOMS SIZE GUIDE:

\*All measurements are in cm

SIZE	WAIST RELAXED	LENGTH (OUTSIDE LEG)	FRONT RISE	BACK RISE	LEG OPENING
S	34	105	29	38	13.5
M	36	106	30	39	14
L	40	107	31	40	15
XL	44	108	32	41.5	15.5
2XL	48	109	33	43	16.5
3XL	52	110	34	44	17
4XL	56	111	35	45.5	18



#### HOW TO MEASURE

1. Find a slim fit track bottoms you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### YOUTH SKINNY FIT TRACK BOTTOMS SIZE GUIDE:

\*All measurements are in cm

SIZE	WAIST RELAXED	LENGTH (OUTSIDE LEG)	FRONT RISE	BACK RISE	LEG OPENING
4XSY	24.5	53	21	26	9.5
3XSY	25.5	60	22	27.5	10
2XSY	27	67	23	28.5	10.5
XSY	28	74	24	30	11
SY	29	81	25	31.5	11.5
MY	30.5	88	26	33	12
LY	31.5	95	27	34.5	12.5
XLY	33	102	28	36	13



#### HOW TO MEASURE

1. Find a slim fit track bottoms you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### MENS POLO SHIRT SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS
S	52	75	50
M	55	76	53
L	58	77	56
XL	61	78	59
2XL	64	79	62
3XL	67	80	65
4XL	70	81	68



#### HOW TO MEASURE

1. Find a shirt you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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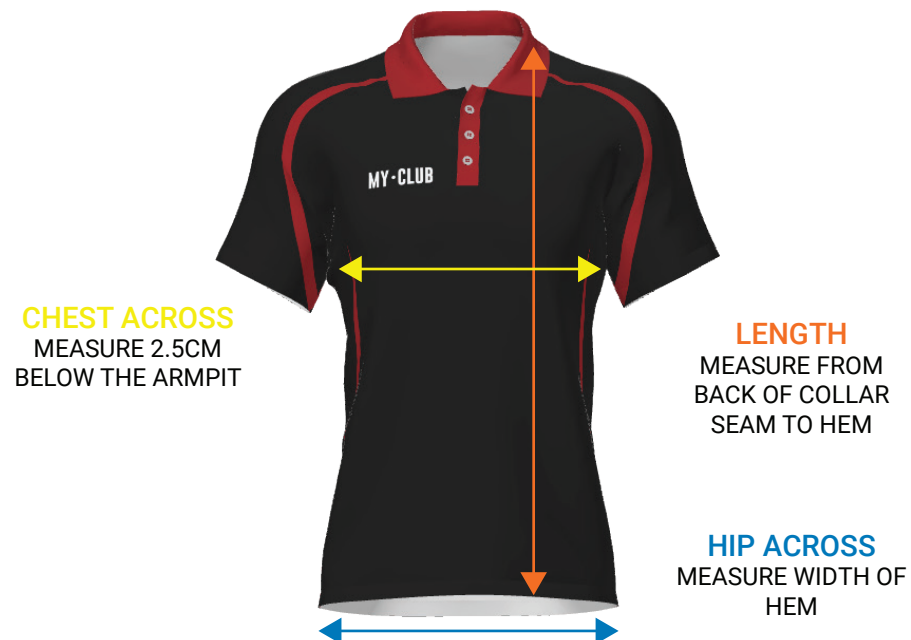
## SIZE GUIDE

MY-CLUB

### WOMENS POLO SHIRT SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS
6	47	62	47
8	48	62.5	48
10	50.5	63.5	50.5
12	53	64.5	53
14	55.5	65.5	55.5
16	58	66.5	58
18	60.5	67.5	60.5
20	63	68.5	63



#### HOW TO MEASURE

1. Find a shirt you like the fit of and lay it out on a flat surface
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# TRAINING KIT

## SIZE GUIDE

**MY • CLUB**

### YOUTH POLO SHIRT SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS
4XSY	35	48	33
3XSY	38	52	36
2XSY	41	56	39
XSY	44	60	42
SY	46	64	44
MY	48	66	46
LY	50	68	48
XLY	52	71	50



#### HOW TO MEASURE

1. Find a shirt you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### ADULT SLIM FIT POLO SHIRT SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS
S	51	69	45
M	54	70	48
L	57	71	51
XL	60	72	54
2XL	63	73	57
3XL	66	74	60
4XL	69	75	63



#### HOW TO MEASURE

1. Find a shirt you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

**MY-CLUB**

### MENS SHOWER PROOF JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	58	74	56	80
M	60	76	58	82
L	63	78	61	84
XL	66	80	64	86
2XL	69	82	67	88
3XL	72	84	70	90
4XL	75	86	73	92



#### HOW TO MEASURE

1. Find a shower proof coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

**MY-CLUB**

### WOMENS SHOWER PROOF JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
6	49	61	49	67
8	51	62	51	70
10	54	63	54	73
12	56	64	56	74
14	58	65	58	75
16	60	66	60	76
18	63	67	63	77
20	66	68	66	78



#### HOW TO MEASURE

1. Find a shower proof coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

**MY-CLUB**

### YOUTH SHOWER PROOF JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
4XSY	38	48	36	51
3XSY	41	52	39	55
2XSY	44	56	42	59
XSY	47	60	45	63
SY	49	64	47	65
MY	51	66	49	68
LY	54	68	52	71
XLY	56	71	54	74



#### HOW TO MEASURE

1. Find a shower proof coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### MENS WINTER SOFT SHELL JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
S	58	74	56	80
M	60	76	58	82
L	63	78	61	84
XL	66	80	64	86
2XL	69	82	67	88
3XL	72	84	70	90
4XL	75	86	73	92



#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### WOMENS WINTER SOFT SHELL JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
6	49	61	49	67
8	51	62	51	70
10	54	63	54	73
12	56	64	56	74
14	58	65	58	75
16	60	66	60	76
18	63	67	63	77
20	66	68	66	78



#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
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# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### YOUTH WINTER SOFT SHELL JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	HIP ACROSS	SLEEVE LENGTH
4XSY	38	48	36	51
3XSY	41	52	39	55
2XSY	44	56	42	59
XSY	47	60	45	63
SY	49	64	47	65
MY	51	66	49	68
LY	54	68	52	71
XLY	56	71	54	74



#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

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# TRAINING KIT

## SIZE GUIDE

MY-CLUB

### MENS PADDED JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	SLEEVE LENGTH
S	58	68	78
M	60	70	80
L	63	74	82
XL	66	77	84
2XL	69	80	86
3XL	72	82	88
4XL	75	84	90



#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

**THIS IS ALSO THE SIZE GUIDE FOR THE GILET PLEASE ONLY USE THE CHEST ACROSS AND LENGTH MEASUREMNTNS FOR A GILET**

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# TRAINING KIT

## SIZE GUIDE

MY-CLUB

### WOMENS PADDED JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	SLEEVE LENGTH
6	52	62	71
8	54	63	74
10	57	64	77
12	59	65	78
14	61	66	79
16	63	67	80
18	66	68	81
20	69	69	82



**SLEEVE LENGTH**  
MEASURE FROM  
NECK POINT TO  
SLEEVE HEM

**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM THE  
NECK POINT TO HEM

#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

**THIS IS ALSO THE SIZE GUIDE FOR THE GILET PLEASE ONLY USE THE CHEST ACROSS AND LENGTH MEASUREMENTS FOR A GILET**

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# TRAINING KIT

## SIZE GUIDE

MY-CLUB

### YOUTH PADDED JACKET SIZE GUIDE:

\*All measurements are in cm

SIZE	CHEST ACROSS	LENGTH	SLEEVE LENGTH
4XSY	38	44	51
3XSY	41	48	55
2XSY	44	52	59
XSY	47	56	63
SY	49	59	65
MY	51	62	68
LY	54	65	71
XLY	56	68	74



**SLEEVE LENGTH**  
MEASURE FROM  
NECK POINT TO  
SLEEVE HEM

**CHEST ACROSS**  
MEASURE 2.5CM  
BELOW THE ARMPIT

**LENGTH**  
MEASURE FROM THE  
NECK POINT TO HEM

#### HOW TO MEASURE

1. Find a soft shell coat you like the fit of and lay it out on a flat surface
2. Measure as above diagram explains
3. Refer to the size guide and find the closest size that matches

**THIS IS ALSO THE SIZE GUIDE FOR THE GILET PLEASE ONLY USE THE CHEST ACROSS AND LENGTH MEASUREMENTS FOR A GILET**

Please take care when measuring. Our garments are bespoke and we cannot refund any orders due to incorrect sizes ordered. Please note that due to our garments being hand-cut and sewn there is a tolerance of 2cm on all measurements on our size guide.

# TRAINING KIT

## SIZE GUIDE

MY • CLUB

### SOCKS SIZE GUIDE:

\*All measurements are in cm

SIZE	X SMALL	SMALL	MEDIUM	LARGE	X LARGE
Approx UK SIZING	9-12	12-2	3-5.5	6-11	12-14
Approx EU SIZING	N/A	31-36	37-40	40-46	46+



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