

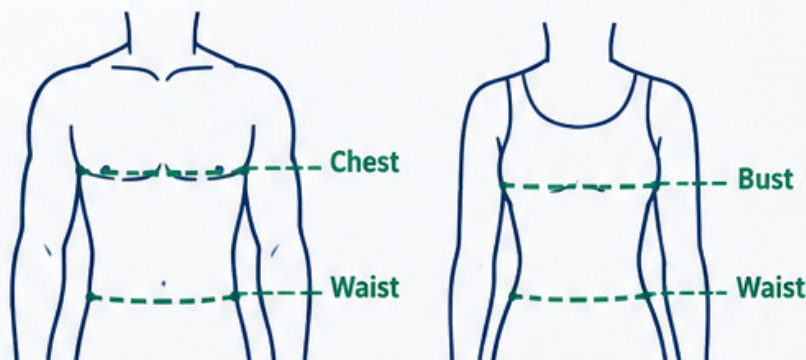


FGSA
FOOTGOLF SOUTH AFRICA

FootGolfSA Size Guide

How to Measure

- **Chest / Bust:** Wrap a tape measure horizontally around the fullest part of your chest or bust, keeping it level under the arms.
- **Waist:** Measure around the narrowest part of your natural waistline.



Male Size Guide (Standard Athletic / Golf Fit)

Size	Chest Measurement (Inches)	Chest Measurement (cm)	Waist (Inches)
S	36" – 38"	92 – 97 cm	30" – 32"
M	38" – 40"	97 – 102 cm	32" – 34"
L	42" – 44"	107 – 112 cm	36" – 38"
XL	44" – 46"	112 – 117 cm	40" – 42"
XXL	46" – 48"	122 – 127 cm	44" – 46"

Female Size Guide (Standard Athletic / Golf Fit)

Size	Bust Measurement (Inches)	Bust Measurement (cm)	Approx. EU Size
XS	32" – 34"	81 – 86 cm	34
S	34" – 36"	86 – 91 cm	36
M	36" – 38"	91 – 96 cm	38 – 40
L	38" – 40"	96 – 101 cm	42 ¹³
XL	40" – 42"	101 – 106 cm	44