

under armour size guide

under armour size guide is essential for athletes and casual wearers alike who seek the perfect fit in performance apparel and footwear. This comprehensive size guide provides detailed information on Under Armour's sizing standards across various product categories, including men's, women's, and youth clothing, as well as shoes and accessories. Understanding how to measure correctly and interpret the size charts can significantly improve your shopping experience, ensuring comfort, optimal performance, and durability. This article covers everything from body measurements and size conversions to tips for selecting the right size based on fit preferences. Whether you are purchasing compression gear, training shoes, or outerwear, this guide will help you navigate Under Armour's sizing system with confidence. Read on for a detailed overview and practical advice on choosing the right Under Armour size for your needs.

- Understanding Under Armour Sizing Standards
- How to Measure for Under Armour Clothing
- Under Armour Size Charts for Men, Women, and Youth
- Under Armour Shoe Size Guide
- Tips for Choosing the Right Fit
- Common Questions About Under Armour Sizing

Understanding Under Armour Sizing Standards

Under Armour employs a sizing system designed to accommodate a wide range of body types while maintaining the brand's focus on performance and comfort. Their apparel typically follows standard U.S. sizing conventions but incorporates unique fit styles like compression, fitted, and loose fits. This approach ensures that athletes can select gear that supports their activity level and personal preference. The brand offers sizes in regular, tall, and plus sizes, providing flexibility for different body heights and shapes. Additionally, Under Armour uses detailed measurement guidelines to help customers choose the most accurate size, reducing the likelihood of returns or exchanges due to improper fit.

Fit Types and Their Impact on Sizing

Under Armour categorizes its clothing fit into three main types: compression, fitted, and loose. Each fit type influences how the garment should be sized. Compression fit is tight and designed to enhance muscle support, typically requiring exact measurements for optimal performance. Fitted garments offer a closer fit but allow for more movement and comfort, while loose fit provides maximum breathability and relaxed wear. Understanding these differences is critical when consulting the Under Armour size guide, as sizing up or down may be necessary depending on the preferred fit style.

How to Measure for Under Armour Clothing

Accurate body measurements are the foundation of selecting the correct Under Armour size. Using a flexible measuring tape, customers should measure key areas such as chest, waist, hips, and inseam. Measurements should be taken while standing upright and relaxed, without adding extra layers of clothing. For the best results, it is advisable to have assistance when measuring to ensure tape placement is level and snug but not tight. These measurements should then be compared with Under Armour's official size charts to determine the appropriate size for each garment type.

Step-by-Step Measurement Instructions

- **Chest:** Measure around the fullest part of the chest, keeping the tape parallel to the ground.
- **Waist:** Measure around the narrowest part of the waist, usually just above the belly button.
- **Hips:** Measure around the widest part of the hips, typically at the top of the thighs.
- **Inseam:** Measure from the crotch down to the bottom of the ankle.
- **Neck (for certain apparel):** Measure around the base of the neck where the collar sits.

Under Armour Size Charts for Men, Women, and Youth

Under Armour provides distinct size charts tailored for men, women, and youth to accommodate anatomical differences and age-specific fits. Each chart lists measurements corresponding to standard sizes such as Small, Medium, Large, and Extra Large. These charts cover a range of apparel including tops, bottoms, and outerwear. By consulting the correct size chart, customers can match their body measurements with Under Armour's sizing recommendations, ensuring a comfortable and performance-oriented fit.

Men's Size Chart Overview

The men's size chart typically includes chest, waist, hip, and inseam measurements. For example, a Medium size in men's tops might correspond to a 38-40 inch chest and a 32-34 inch waist. Under Armour also offers tall sizes for men who require longer lengths in sleeves and inseams. This expanded sizing ensures that taller athletes receive apparel that fits properly without being too short in length.

Women's Size Chart Overview

Women's sizing considers bust, waist, hips, and inseam measurements. A Medium in women's tops might reflect a bust measurement of 36-37 inches and a waist of 29-30 inches. The brand also emphasizes the importance of fit types, especially for compression and fitted styles that require

precise sizing to maximize comfort and function. Plus sizes are also available for women, allowing for broader inclusivity across body types.

Youth Size Chart Overview

Youth sizing focuses on age-appropriate measurements and includes categories such as Little Kids and Big Kids. Measurements typically involve chest, waist, and height to guide the selection of tops, bottoms, and outerwear. Under Armour's youth size guide supports active children by providing clothing that fits well and accommodates growing bodies comfortably.

Under Armour Shoe Size Guide

In addition to apparel, Under Armour offers a comprehensive shoe size guide for men, women, and youth. Shoe sizing follows standard U.S. measurements but may vary slightly depending on the shoe model and intended activity. The brand provides detailed length and width measurements to help customers find the perfect fit for running, training, or casual footwear. Proper shoe sizing is crucial to avoid discomfort, blisters, and performance issues during physical activities.

Measuring Your Foot for Under Armour Shoes

To measure foot size accurately, use a ruler or measuring tape to determine the length from the heel to the longest toe and the width at the broadest part of the foot. It is best to measure at the end of the day when feet are slightly swollen, which reflects the true size during activity. Compare measurements with Under Armour's shoe size chart to select the appropriate size. For those in between sizes, it is often recommended to size up for added comfort, especially in performance shoes.

Shoe Width Options and Fit Considerations

Under Armour shoes come in standard width options, but some models also offer wide or narrow widths to accommodate different foot shapes. Selecting the correct width is as important as choosing the right length to ensure proper support and prevent slipping or pressure points. When trying on shoes, it is essential to test for a snug fit without tightness, allowing room for toe movement and natural foot expansion during exercise.

Tips for Choosing the Right Fit

Choosing the correct size in Under Armour products requires attention to both measurements and personal fit preferences. It is advisable to consult the specific size chart for each product category, as sizing may differ between apparel types and collections. Considering the intended use of the garment or footwear—whether for compression support, casual wear, or intense training—will guide the selection of fit type and size. Additionally, when in doubt between two sizes, opting for the larger size can enhance comfort, especially in layering or outerwear.

Additional Considerations for Optimal Fit

- Check individual product descriptions for any unique sizing notes.
- Allow for some movement and flexibility depending on activity type.
- Consider layering needs when selecting sizes for cold-weather gear.
- Review customer feedback and sizing reviews when available.
- Keep in mind that compression apparel should feel snug but not restrictive.

Common Questions About Under Armour Sizing

Many customers have questions regarding the nuances of Under Armour sizing. Common inquiries include how to size for compression gear, differences between men's and women's shoe sizes, and whether Under Armour apparel runs true to size. Understanding that the brand designs its products with performance in mind helps clarify these concerns. Compression garments require more precise measurements, whereas loose fit items offer greater sizing flexibility. Additionally, Under Armour shoes often align closely with standard U.S. sizes but may require trying different models to find the best fit.

How Does Under Armour Sizing Compare to Other Brands?

Under Armour sizing is generally consistent with other major athletic brands, but slight variations exist due to fit styles and fabric technology. It is recommended to rely on Under Armour's official size guide for the most accurate results rather than assuming equivalency with other brands. This approach minimizes sizing errors and enhances satisfaction with the purchased products.

Frequently Asked Questions

How do I find my Under Armour shoe size?

To find your Under Armour shoe size, measure your foot length in inches or centimeters and compare it to the Under Armour shoe size chart available on their official website. It's recommended to measure your feet at the end of the day for the most accurate size.

Does Under Armour clothing run true to size?

Under Armour clothing generally runs true to size, but some items like compression gear may fit tighter. It's best to check the specific product size guide and consider your preferred fit (loose or snug) before purchasing.

How can I convert my Under Armour size to other brands?

To convert your Under Armour size to other brands, use a size conversion chart that compares Under Armour sizes with those of other popular brands. Keep in mind that sizing can vary slightly, so trying on or checking specific brand guides is recommended.

What should I do if I'm between sizes in Under Armour apparel?

If you are between sizes in Under Armour apparel, it's usually best to size up for a more comfortable fit, especially for performance or compression clothing. Alternatively, check the product's fit description for guidance.

Where can I find the official Under Armour size guide?

The official Under Armour size guide can be found on the Under Armour website under the sizing section of each product page or the general size guide link in the footer. It provides detailed measurements for shoes, shirts, pants, and more.

Additional Resources

1. *Understanding Under Armour Sizes: A Comprehensive Guide*

This book offers an in-depth look at Under Armour's sizing system, helping readers navigate through different fits and measurements. It explains how to measure yourself accurately and interpret size charts for men, women, and youth. Ideal for athletes and casual wearers alike, it ensures you choose the perfect size every time.

2. *The Science Behind Athletic Apparel Sizing*

Explore the technical aspects of sizing in athletic wear, with a special focus on Under Armour products. This book delves into fabric stretch, body dimensions, and performance fit considerations. Readers will gain insight into why size guides matter and how Under Armour designs its gear for optimal comfort and performance.

3. *Fitting Under Armour: Tips and Tricks for the Perfect Fit*

This practical guide provides step-by-step advice on selecting the right Under Armour apparel size based on body type and intended use. It includes tips on trying on gear for different sports and activities. The book also covers common sizing mistakes and how to avoid them for a hassle-free shopping experience.

4. *Under Armour Size Charts Explained*

A user-friendly breakdown of Under Armour's size charts, this book makes it easy to understand the numbers and letters on labels. It compares international sizing standards and helps shoppers convert sizes when buying from different regions. Perfect for online shoppers who want to ensure a precise fit.

5. *From Small to XXL: Mastering Under Armour Sizes*

This title covers the full spectrum of Under Armour sizes, from small to extra extra large, focusing on fit and comfort. It discusses how sizing varies between different types of apparel, such as compression wear, casual gear, and outerwear. Readers learn how to adapt sizing choices depending on layering and activity level.

6. *Under Armour for Kids: A Size Guide for Young Athletes*

Focused on youth sizing, this book helps parents and coaches understand how to measure kids for Under Armour gear. It explains growth considerations and how to select sizes that accommodate active lifestyles. The guide also offers advice on transitioning between sizes as children grow.

7. *Customizing Your Under Armour Fit: Alterations and Adjustments*

This book explores options for tailoring Under Armour apparel to achieve a personalized fit. It covers simple alterations and professional tailoring tips specific to athletic wear. Readers interested in customizing their gear for better performance and style will find valuable guidance here.

8. *Shopping Smart: Navigating Under Armour Size Guide Online*

An essential read for online shoppers, this book provides strategies for using Under Armour's size guide effectively when buying online. It discusses how to interpret customer reviews, handle returns, and make confident purchase decisions. The book also highlights the importance of understanding fabric and fit variations.

9. *The Evolution of Under Armour Sizing Standards*

Trace the history and development of Under Armour's sizing standards in this informative book. It looks at how changes in athletic apparel technology and consumer feedback have influenced size guides over time. Readers interested in the business and design aspects of sportswear will appreciate this detailed exploration.

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