

# Mens 7" Gym Shorts

## How to use this guide:

### A Waist

This is a full 'around the waist' measurement based on a relaxed garment - allow for stretch

### B Side Seam

This measurement is taken from the top of the Shorts Waistband down to the bottom of short leg

### C Leg Opening

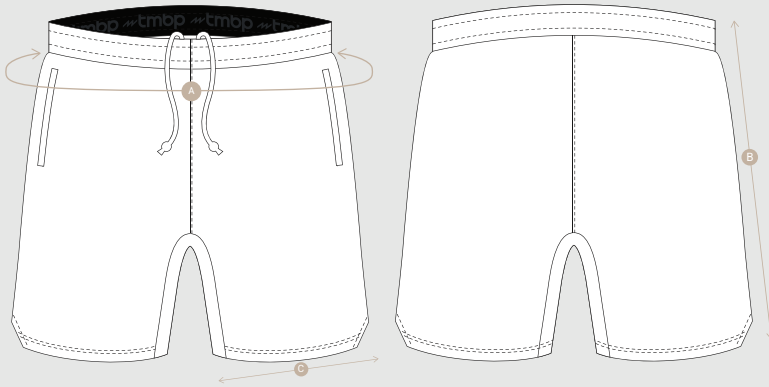
### Tips

When measuring, keep the tape tight but not squeezing.

If your measurement falls between sizes, we recommend sizing up for a better fit.

### Disclaimer

Remember, this is just a size guide to help you choose the best fit! Our sizes are generally true to size—if you usually wear a Large, you should be a Large in our specs as well. If you have any questions, please reach out to us at [info@themovebetterproject.com](mailto:info@themovebetterproject.com). We're here to help!



All below Measurements are in Inches

Size	Waist	Side Seam	Leg Opening
XXS	28"	15.5"	11"
XS	30"	16"	11.5"
S	32"	16.5"	12"
M	34"	17"	12.5"
L	36"	17.5"	13"
XL	38"	18"	13.5"
XXL	40"	18.5"	14"
XXXL	42"	19"	14.5"