

Size Guide + Fit Tips



WOMEN'S CYCLE + TRIATHLON*

US INCHES	XXS	XS	S	M	L	XL	XXL
UNDER BUST	30-32	32-34	34-36	36-38	38-40	40-42	42-44
FULL HIP	32-34	34.5-36	36.5-37	37.5-38	38.5-40	40-42	42-44
THIGH	19	20	20.5	21	22	23	24
CYCLE INSEAM	7	7	7	7.5	7.5	7.5	7.5
TRI INSEAM	5.5	5.5	6	6	6	6.5	6.5

METRIC CM	XXS	XS	S	M	L	XL	XXL
UNDER BUST	76-81	81-86	86-91	91-96	96-101	101-106	106-112
FULL HIP	81-86	87-91	91-94	94-96	96-101	101-106	106-112
THIGH	48-49	50-51	20.5	52	55-56	57-58	60-61
CYCLE INSEAM	17.75	17.75	17.75	19	19	19	19
TRI INSEAM	12.75	12.75	15.25	15.25	15.25	15.25	15.25

*TRI SHORTS RUN A TAD SMALLER THAN CYCLE SHORTS. WE SUGGEST GOING UP A SIZE IF YOU ARE BETWEEN SIZES.

WOMEN'S BIKINIS

US INCHES	XS	S	M	L	XL	XXL
UNDER BUST	30-32	33-34	35-36	37-38	39-40	41-42
FULL HIP	32-33	34-35	36-37	37.5-38	39-40	41-42

METRIC CM	XS	S	M	L	XL	XXL
UNDER BUST	76-81	82-86	87-91	92-96.5	97-103	104-107
FULL HIP	81-85	86-90	91-94	95-97	98-103	104-107

WOMEN'S SEXY BACK 1PC SWIMSUITS

US INCHES	26	28	30	32	34	36	38	40
UNDER BUST	39-30	31-32	33-34	35-36	37-38	39-40	41-42	43
FULL HIP	31-32	33-34	35-38	37-38	39-40	41-42	43-44	45

METRIC CM	26	28	30	32	34	36	38	40
UNDER BUST	73-76	76-81	82-86	87-91	92-96.5	97-103	104-107	108-109
FULL HIP	77-81	82-86	86-91	91-96.5	97-103	104-107	108-112	113-114

- Under Bust Measurement** Using a soft measuring tape, bring the tape across your back under each arm, around the front and measure just below the bust (a good guide is where your bra strap clasps).
- Full Hip Measurement** Stand on a level surface with feet together. Measure around fullest part of hips and bottom (approximately 7 - 9" below waistline), keeping tape parallel with floor.
- Thigh Measurement** Measure around the fullest part of thigh keeping tape parallel with floor.

BETTY'S FIT TIPS

In general, Betty Designs products are designed with a "race fit". This means garments are supposed to be worn tight to the body. We do not recommend customers go up a size as it will compromise the performance features. Race fit does not mean extra tight. It means it IS tight, but is supposed to be that way. We use fabrics that are non-binding + contain 4-way stretch for comfort. No matter your size, our cycling, triathlon + swimsuits are meant to fit tight. The more they hug your body, the less chance of chafing, flapping fabric, drag in our swimsuits + less chance of irritation from fabrics rubbing in the incorrect areas. Betty believes that a Race Fit looks good on every size body. Yes. We are serious about that. Try us on for (your correct) size and see how it feels.

"Betty Fact: garments that fit the body properly are more flattering than ill-fitting ones."

DO BETTY DESIGNS PRODUCTS RUN "TRUE-TO-SIZE"?

CYCLE: Our cycling items fit a tad on the bigger size. In general if you are typically a 2-4 and wear size S in our triathlon items you should go down to size XS in our cycle jerseys, bibs + shorts.

TRI: Our triathlon items fit "true-to-size", but a tad tight. If you generally wear M in most workout wear and are used to wearing clothing that fits on the tighter size go for your "true size". If you don't like things really tight, go up a size.

SWIM: Our swimsuits fit a tad on the small side. This being said, we suggest you go up a size from your cycle size. Most often, your tri size in our gear is also your swim size in our bikinis. One piece are a bit more challenging. There are a lot of factors in how a one piece fits depending on your shape, but keep in mind the one piece swimsuits should be a little hard to get into and feel "really tight" out of the package. Not kidding! As you swim the thin straps will "give" a smidge and become more comfortable. If you pull on this suit easily and it gaps slightly at your collarbone area, it's too big!

RUN: Our run items (racerback tanks + bras) fit a tad on the larger side. If you typically wear a M, go down to size S. Our bras are made to support A + B cups. If you are bigger than that, you may need to layer over your favorite bra for high-impact activities.



"IF YOU ARE BETWEEN SIZES + LIKE A BIT MORE COMPRESSION, CHOOSE THE SMALLER SIZE"

WOMEN'S SEAMLESS BRAS + TOPS*

USA BRA SIZE	30	32	34	36	38	40	UNDER BUST INCHES
A	XS	XS	XS	S	M	L	
B	XS	XS	S	S	M	L	
C	XS	S	S	M	L	L	
D	S	S	M	M	L	L	
DD	S	M	M	L	L	L	

METRIC BRA SIZE	77-82	82-84	84-89	90-94	94-97	98-102	UNDER BUST CENTIMETERS
A	XS	XS	XS	S	M	L	
B	XS	XS	S	S	M	L	
C	XS	S	S	M	L	L	
D	S	S	M	M	L	L	
DD	S	M	M	L	L	L	

WOMEN'S SEAMLESS TANK*

CENTER LENGTH	XS	S	M	L
US INCHES	13.5	14	14.5	15
METRIC CM	34.3	35.5	36.8	38

WOMEN'S SEAMLESS BOTTOMS*

US INCHES	XS	S	M	L
WAIST	23-27	27-31	31-35	35-37
FULL HIP	33-37	37-41	41-45	45-49
CAPRI INSEAM	18	18.5	19	20.5
TIGHT INSEAM	23	24	25	26

METRIC CM	XS	S	M	L
WAIST	58-67	67-78	78-88	88-94
FULL HIP	83-94	94-104	104-114	114-124
CAPRI INSEAM	45.7	47	48.2	52
TIGHT INSEAM	58.4	61	63.5	66

"IF YOU ARE SHORTER THAN 63 INCHES WE SUGGEST YOU GO WITH THE CAPRI LENGTH"
"INSEAM LENGTH WHEN GARMENT IS LAYING FLAT"

WOMEN'S SEAMLESS ONESIE*

USA	63-64	65-67	68-70	71-72	HEIGHT INCHES
100-120	XS	XS	XS	S	
121-130	XS	XS	S	M	
131-140	XS	S	S	M	
141-150	S	S	M	L	
151-170	S	M	M-L	L	

METRIC	160-163	163-170	170-177	177-183	HEIGHT CENTIMETERS
45-54	XS	XS	XS	S	
55-59	XS	XS	S	M	
60-63	XS	S	S	M	
64-68	S	S	M	L	
69-77	S	M	M-L	L	

"IF YOU ARE SHORTER THAN 63 INCHES THIS GARMENT MAY BE TOO LONG FOR YOU"
"ONESIE INSEAM LENGTH IS SAME AS TIGHT INSEAM (ABOVE)"



UNDER BUST

wrap measuring tape around the ribcage, just below the bust. stand with straight + relaxed posture, arms down at sides.

FULL HIP

wrap measuring tape around the fullest part of hips usually below natural waist.

WAIST

wrap measuring tape around the natural waistline which is typically the narrowest part of the torso.

THIGH

wrap measuring tape around the widest part of leg, typically just below the crotch.

MEASURING TIPS

tape should be horizontal all around, and fit close around the body without being too tight.



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