

## PowerPlus Kneeskin

For maximum drag reduction in the water, competitive fit suits should be worn tight to the body. These firm, compressive styles feature full front lining and no bra construction, with our highest leg height for greater range of kick motion.

Bottom coverage range from ultra-cheeky to full. Size up to reduce compression.

	20	22	24	26	28	30	32	34	36	38	40	42	44
	N/A	N/A	XXS	XS	S	S	M	M	L	L	XL	XL	XXL
<b>BUST</b>	29	30	31	32	33	34	35	36	37½	39	40½	42½	44½
<b>WAIST</b>	21	22	23	24	25	26	27	28	29½	31	32½	34½	36½
<b>HIP</b>	31½	32½	33½	34½	35½	36½	37½	38½	40	41½	43	45	47
<b>TORSO</b>	51½	53	54½	56	57½	59	60½	62	63½	65	66½	68	69½

## LZR RACER ELITE AND LZR RACER PRO

SIZE	22	23	24	25	25L	26	26L	27	27L	28	28L	29	30	32	34	36
<b>TORSO</b>	53½	55½	56¾	60¼	61¾	62½	63¾	64½	65¾	66½	67¾	68½	68½	69½	70¾	72½
<b>BUST</b>	31½	32	33½	35½	35½	36½	36½	38	38	39	39	40	41	42	44	44
<b>WAIST</b>	25⅝	26	26⅜	27½	27½	28⅜	28⅜	29½	29½	29⅞	29⅞	30¾	31½	33	34⅝	35¼

## LZR PURE INTENT / PURE VALOR

SIZE	20	22	23	24	25	26	28	30
<b>TORSO</b>	56-58	58-60	58.5-61.5	60.5-62	61.5-63.5	63-65	65-67.5	67.5-69.5
<b>HIP</b>	32-34	34-35.5	35.5-36.5	36.5-37.5	37.5-39	39-40.5	40.5-42.5	42.5-45
<b>BUST</b>	30.5-33	33-34	34-35.5	35.5-36.5	36.5-37.5	37.5-40	40-41.5	41.5-43.5
<b>WAIST</b>	24-26	26-27	27-28	28-29	29-30	30-31	32-33	33-35

LZR PURE INTENT SIZE NOTE: Enhanced technology in our targeted flex zones make the suit easier to wear. You may want to consider sizing down from your LZR X size for optimal fit.

## LZR PURE INTENT & LZR PURE VALOR

SIZE	20	22	24	25	26	28	30
<b>HIP</b>	33-34½	34½-37	37-39	39-40	40-42	42-43½	43½-46
<b>WAIST</b>	26-29	29-31½	31½-33	33-34	34-36	36-37½	37½-40

## HOW TO MEASURE

### Torso

Start at high point of shoulder, run tape through leg and back up to the starting point.

### Bust

Measure the fullest part of chest, be sure to go over the shoulder blades at back.

### Waist

Measure narrowest part of torso.

### Hip

Measure around the fullest point of hip, keeping tape parallel to floor.



## HOW TO MEASURE

### Chest

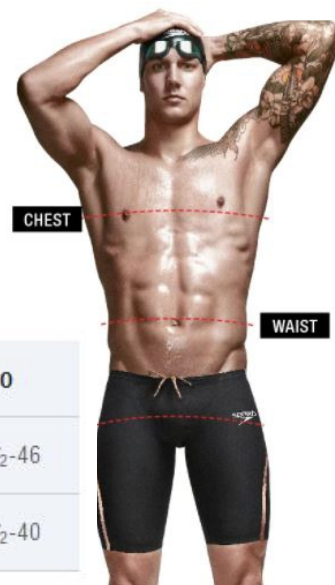
Measure the fullest part of chest, be sure to go over the shoulder blades at back.

### Waist

Measure narrowest part of torso.

### Hip

Measure around the fullest point of hip, keeping tape parallel to floor.



### Arena Adult Male Size Guide - Race

The fit of a swimsuit should be based upon your individual needs and preferences. This size guide refers to competition suits which are designed to fit the body tightly in order to provide superior muscle compression. These suits are designed to be worn for short lengths of time and therefore if you wish to train in one Arena recommend purchasing a larger size for comfort.

Measures (inches)							
Waist	25-27	27-29	29-31	31-33	33-35	35-37	37-49
Hips	31-33	33-35	35-37	37-39	39-41	41-43	43-45
Size							
F	55	60	65	70	75	80	85
USA / UK	22	24	26	28	30	32	34
I	36	38	40	42	44	46	48
D	00	0	1	2	3	4	5
AUS	4	6	8	10	12	14	16



**HOW TO TAKE MEASUREMENT**

**Waist:** Measure around the narrowest part of your waistline

**Hips:** Measure around the fullest part of your hips

### Arena Adult Ladies Size Guide - Race

The fit of a swimsuit should be based upon your individual needs and preferences. This size guide refers to competition suits which are designed to fit the body tightly in order to provide superior muscle compression. These suits are designed to be worn for short lengths of time and therefore if you wish to train in one Arena recommend purchasing a larger size for comfort.

Measures (inches)							
Chest	31-33	33-35	35-37	37-38	38-40	40-41	41-42
Waist	24-26	26-27	27-29	29-30	30-32	32-34	34-35
Hips	31-33	33-35	35-37	37-39	39-41	41-43	43-45
Torso Loop	53-56	57-60	61-64	65-67	67-69	69-71	71-73
Size							
F	28	30	32	34	36	38	40
USA / UK	22	24	26	28	30	32	34
I	32	34	36	38	40	42	44
D	26	28	30	32	34	36	38
AUS	0	2	4	6	8	10	12



**HOW TO TAKE MEASUREMENT**

**Chest:** Take the measure around the fullest part of your bust  
**Waist:** Measure around the narrowest part of your waistline  
**Hips:** Measure around the fullest part of your hips  
**Torso Loop:** In a loop, measure from the highest part of the shoulder, beneath the crutch and then back to the starting point.



### Carbon Duo - TOP

Points	Top							
	Measures (cm)							
<b>A</b>	Breast	79-84	84-89	89-94	94-98	98-102	102-106	106-108
<b>B</b>	Waist	62-66	66-70	70-74	74-78	78-82	82-86	86-88
<b>D</b>	Torso loop	136-143	146-153	156-163	166-173	171-178	176-183	181-186
Size								
INT/F		28	30	32	34	36	38	40
UK/USA		22	24	26	28	30	32	34
IT		32	34	36	38	40	42	44
D		26	28	30	32	34	36	38
AUS		0	2	4	6	8	10	12

### Carbon Duo - BOTTOM

Points	Bottom							
	Measures (cm)							
<b>B</b>	Waist	62-66	66-70	70-74	74-78	78-82	82-86	86-88
<b>C</b>	Hips	80-85	85-90	90-95	95-100	100-105	105-110	110-115
Size								
INT/F		28	30	32	34	36	38	40
UK/USA		22	24	26	28	30	32	34
IT		32	34	36	38	40	42	44
D		26	28	30	32	34	36	38
AUS		0	2	4	6	8	10	12