

SIZE GUIDE FOR MEN / WOMEN / YOUTH / KIDS:

How should I care for my Speedo swimsuit?

Pool chemicals and oil residues can be particularly damaging to swimwear containing **LYCRA® XTRA LIFE™** fiber. To prevent chemical damage to **SPEEDO®** swimwear, rinse your **SPEEDO®** suit in cold water immediately after each use. Do not wash suit with any detergent. Always hang-dry your suit in a well-ventilated space, as mildew will cause premature deterioration of swimwear containing **LYCRA® XTRA LIFE™** fiber.

Remember that loose fitting garments do not wear as well as those that conform to the body. When putting on your **SPEEDO®** suit, do not pull too hard on the fabric as it may damage. It is best to pull the suit up onto the body in stages, holding the **SPEEDO®** suit at the leg openings.

Types of Speedo Size Charts

Take a moment to find the correct Speedo size chart and discover which size product you should buy for maximum comfort and performance.

Women

Fitness Fit

For swimmers who enjoy the performance benefits of our competitive fit suits, but with various leg cuts and the option for bust support. Fit tight to the body but remains comfortable for daily workouts.

ASIA SPEEDO SIZE	S	M	L	L	XL	XXL	3XL	4XL	5XL				
UK SPEEDO SIZE	28	30	32	34	36	36	38	40	42	42	44	46	
US SPEEDO SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24
US SPEEDO APPAREL	XXS	XS	S	S	M	L	L	XL	XL				
BUST	31 1/2	33 1/2	35	36	37 1/2	39	40 1/2	42	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2
WAIST	N/A	N/A	27	28	29 1/2	31	32 1/2	34	35 1/2	37 1/2	39 1/2	41 1/2	43 1/2
HIP	33 1/2	35 1/2	37 1/2	38 1/2	40	41 1/2	43	44 1/2	46	48	50	52	54
TORSO	N/A	N/A	60 1/2	62	63 1/2	65	66 1/2	68	69 1/2	71	72 1/2	74	75 1/2

Everyday Fit

Go from activity to leisure in a suit designed for function and fits comfortably snug.

Various levels of bust support and bottom coverage allows for all shapes, sizes, and heights to swim, paddle, run, and relax.

UK SPEEDO SIZE	32	34	36	36	38	40	42	42	44	46		
US SPEEDO SIZE	4	6	8	10	12	14	16	18	20	22	24	
US SPEEDO APPAREL	S	S	M	L	L	XL	XL					
BUST	35	36	37 1/2	39	40 1/2	42	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	
WAIST	27	28	29 1/2	31	32 1/2	34	35 1/2	37 1/2	39 1/2	41 1/2	43 1/2	
HIP	37 1/2	38 1/2	40	41 1/2	43	44 1/2	46	48	50	52	54	
TORSO	60 1/2	62	63 1/2	65	66 1/2	68	69 1/2	71	72 1/2	74	75 1/2	

Competitive Fit

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.

Size	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	
BUST	29	30	31	32	33	34	35	36	37 ½	39	40 ½	42 ½	44 ½
WAIST	21	22	23	24	25	26	27	28	29 ½	31	32 ½	34 ½	36 ½
HIP	31 ½	32 ½	33 ½	34 ½	35 ½	36 ½	37 ½	38 ½	40	41 ½	43	45	47
TORSO	51 ½	53	54 ½	56	57 ½	59	60 ½	62	63 ½	65	66 ½	68	69 ½

WOMEN'S TEAM APPAREL

Size	24	26	28	30	32	34	36	38	40	42	44
XXS	XS	S	S	M	M	L	L	XL	XL	XXL	
BUST	31	32	33	34	35	36	37 ½	39	40 ½	42 ½	44 ½
WAIST	23	24	25	26	27	28	29 ½	31	32 ½	34 ½	36 ½
HIP	33 ½	34 ½	35 ½	36 ½	37 ½	38 ½	40	41 ½	43	45	47
TORSO	54 ½	56	57 ½	59	60 ½	62	63 ½	65	66 ½	68	69 ½

Performance Elite

LZR PURE INTENT / PURE VALOR

SIZE	20	22	23	24	25	26	28	30
TORSO	56-58	58-60	58.5-61.5	60.5-62	61.5-63.5	63-65	65-67.5	67.5-69.5
HIP	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
BUST	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
WAIST	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 be put on. You may want to consider sizing down from you LZR X size for optimal fit.

LZR RACER ELITE AND LZR RACER PRO

SIZE	22	23	24	25	25L	26	26L	27	27L	28	28L	29	30	32	34	36
TORSO	53 ½	55 ⅞	56 ¾	60 ¼	61 ¾	62 ⅞	63 ¾	64 ⅞	65 ¾	66 ⅞	67 ¾	68 ⅞	68 ½	69 ⅞	70 ⅞	72 ⅞
BUST	31 ⅞	32	33 ½	35 ½	35 ½	36 ½	36 ½	38	38	39	39	40	41	42	44	44
WAIST	25 ⅞	26	26 ⅞	27 ½	27 ½	28 ⅞	28 ⅞	29 ⅞	29 ⅞	29 ⅞	29 ⅞	30 ¾	31 ½	33	34 ⅞	35 ¼

LZR Racer X

SIZE	20	21	22	23	24	25	26	27	28
HIP	31-32	33-34	34-35	35-36	36-37	37-38	38-39	39-40	40-41
BUST	29-30	30-31	31-32	32-33	33-34	34-35	35-36	36-37	37-38
WAIST	22-23	23-24	24-25	25-26	26-27	27-28	28-29	29-30	30-31
TORSO	52-54	53-55	53-57	54-58	56-60	58-62	59-63	60-64	61-66

* Very little horizontal stretch for compression - has vertical stretch.

Key Fit Tips:

This chart is a guide, you may not fit perfectly into one column.
Please review our fit tips to help guide you.

- LZR Racer X suits are designed to have very little horizontal stretch for maximum compression - this must be considered when selecting your size.
- The 'Hip' is the most important measurement - due to the high compression fit with very little stretch around the body.
- Please be patient! The first time you put on your suit it could take a while (20-40 minutes on average). This is normal and if you try to rush, you risk damaging your suit.
- When putting your suit on, do not pull on the thin areas; especially around the seams. Please focus on pulling up the suit by gripping on the double layered areas.
- Use extreme caution with finger nails. They can easily poke through the fabric.
- Try flipping the edge of the leg opening outward to more easily move the suit up your leg - the inside silicone gripper can stick to the skin.
- If you have worn LZR Racer Elite 2, and would like the suit to feel the same, please size up one size.

The LZR Racer X uses targeted muscle compression and is meant to have greater compression than LZR Racer Elite 2.

- If there is a disproportionate difference between your hip and bust measurements, (hips being larger measurement), the LZR Racer Elite 2 may be a better fitting suit for your body type.

VANQUISHER KNEESKIN

SIZE	16	18	20	22	24	26	28	30	32	34	36
BUST	28	28 ½	29	30	31	32	33	34	35	36	37 ½
WAIST	20	20 ½	21	22	23	24	25	26	27	28	29 ½
HIP	30 ½	31	31 ½	32 ½	33 ½	34 ½	35 ½	36 ½	37 ½	38 ½	40
TORSO	50	50 ¾	51 ½	53	54 ½	56	57 ½	59	60 ½	62	63 ½

AQUABLADE AND FASTSKIN FSII

SIZE	26	28	30	32	34	36	38	40
TORSO	56	57.5	59	61	63	65	67	69
BUST	32	33	34	35	36	37.5	39	41
WAIST	25	26	27	28	29	30	31.5	33

MEN:

Swimwear/Apparel

MEN'S APPAREL

SIZE	N/A	N/A	XXXS	XXS	XS	S	M	L	XL	XXL	XXL	3X	3X	4X	4X
CHEST	29	31	33	35	37	38	40	42	44	46	48	50	52	54	56
WAIST	23	25	27	29	31	32	34	36	38	40	42	44	46	48	50
HIP	27	29	31	33	35	36	38	40	42	44	46	48	50	52	54

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.



LZR Racer

LZR RACER ELITE, RACER PRO AND FS-PRO

SIZE	22	24	24 - 26	26	26 - 28	28	28 - 30	30	30 - 31	31 - 32	34	36
CHEST	39	40	40	42	42	44	44	46	46	46	48	48
WAIST	30	31	31	32	32	32 ½	32 ½	33	33	33	33 ½	33 ½
THIGH	21 ½	22	22	22 ½	22 ½	23	23	23 ½	23 ½	23 ½	24	24

Performance Elite

LZR PURE INTENT & LZR PURE VALOR

SIZE	20	22	24	25	26	28	30
HIP	33-34 ½	34 ½-37	37-39	39-40	40-42	42-43 ½	43 ½-46
WAIST	26-29	29-31 ½	31 ½-33	33-34	34-36	36-37 ½	37 ½-40

LZR RACER ELITE, LZR RACER PRO AND FS-PRO

SIZE	22	24	24 - 26	26	26 - 28	28	28 - 30	30	30 - 31	31 - 32	34	36
CHEST	39	40	40	42	42	44	44	46	46	46	48	48
WAIST	30	31	31	32	32	32 ½	32 ½	33	33	33	33 ½	33 ½
HIP	21 ½	22	22	22 ½	22 ½	23	23	23 ½	23 ½	23 ½	24	24

LZR RACER X

SIZE	21	22	23	24	25	26	27	28
HIP	34-35	35-37	37-38	38-39	39-40	40-41	41-42	42-43
WAIST	28-29	29-30	30-32	32-33	33-34	34-35	35-36	36-38

VANQUISHER SUITS

SIZE	16	18	20	22	24	26	28	30	32	34	36
WAIST	21 ½	22	23	24	26	28	30	32	34	36	38
HIP	25 ½	26	27	28	30	32	34	36	38	40	42

AQUABLADE

SIZE	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48
SIZE	NA	NA	XXXS	XXS	XS	S	M	L	XL	XXL	3X	4X	4X	4X	4X
CHEST	29	31	33	35	37	38	40	42	44	46	48	50	52	54	56
WAIST	23	25	27	29	31	32	34	36	38	40	42	44	46	48	50
HIP	27	29	31	33	35	36	38	40	42	44	46	48	50	52	54

Fitness Fit

Men's Fitness Fit

ASIA SPEEDO SIZE					28	30	32	32	34	36	38	40	42			
US SPEEDO SIZE		20	22	24	26	28	30	32	34	36	38	40	42	44	46	48
US SPEEDO APPAREL		N/A	N/A	XXXS	XXS	XS	S	M	L	XL	XXL	XXL	3X	3X	4X	4X
CHEST		29	31	33	35	37	38	40	42	44	46	48	50	52	54	56
WAIST		23	25	27	29	31	32	34	36	38	40	42	44	46	48	50
HIP		27	29	31	33	35	36	38	40	42	44	46	48	50	52	54

YOUTH:

Female Performance

FEMALE YOUTH PERFORMANCE

COMPETITIVE	18	20	22	24	26	28
XXXS	XXS	XS	S	M	L	
CHEST	23 ¾	24 ¾	26	27	28 ½	30
WAIST	22 ½	23 ½	23 ½	24 ¼	25	26
HIP	24 ¾	25 ¾	27 ½	28 ½	30	32
TORSO	42	43	44 ⅝	46 ¼	48 ⅙	50 ⅙

Male Performance

YOUTH MALE PERFORMANCE

SIZE	XS	S	M	L	XL
	8	10	14/16	18/20	
PERFORMANCE	20	22	24	26	28
CHEST	25 ½	27 ¼	29 ½	32 ½	35 ½
WAIST	23 ½	24	25 ½	27 ½	29 ½
HIP	25	27 ¼	30	34	37

Kids

Girls' (4-16)

GIRL'S SIZE CHART (4-16)

SIZE	4	5	6	6X	7	8	10	12	14	16
EQUIVALENTS	S	M	L	XL						
CHEST	22	23	24	24 ¾	26	27	28 ½	30	31 ½	33 ½
WAIST	22	22 ½	23	23 ½	23 ½	24 ¼	25	26	28	30
HIP	23	24	25	25 ¾	27 ½	28 ½	30	32	34	36
TORSO	38 ⅙	40 ½	42 ⅙	43	44 ⅝	46 ¼	48 ⅙	50 ⅙	53 ⅙	56

How To Measure

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

Girls' Performance Elite



GIRLS' AQUABLADE AND FASTSKIN FSII

SIZE	18	20	22	24	26	28	30
CHEST	26	27.5	29	30.5	32	33	34
WAIST	23	23.5	24	24.5	25	26	27
TORSO	47	48	49	51	56	57.5	59

Boys' (4-7)

BOYS' SIZE CHART (4-7) MALE YOUTH CHART

SIZE	S	M	L	XL
4	5	6	7	
CHEST	22	23	24	25 ½
WAIST	22	22 ½	23	23 ½
HIP	23	23 ¼	24	25

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.

Boys' (8-20)



BOY'S SIZE CHART (8-20) MALE YOUTH CHART

SIZE	XS	S	M	L	XL
6/7	8/9	10	14/16	18/20	
PERFORMANCE	20	22	24	26	28
CHEST	25 ½	27 ¼	29 ½	32 ½	35 ½
WAIST	23 ½	24	25 ½	27 ½	29 ½
HIP	25	27 ¼	30	34	37

Unisex

UNISEX KIDS' SIZE CHART

SIZE	XS	S	M	L	XL
6	8	10	14/16	18/20	
CHEST	25 ½	27 ¼	29 ½	32 ½	35 ½
WAIST	23 ½	24	25 ½	27 ½	29 ½
HIP	25	27 ¼	30	34	37

