

POWERLIFTING SINGLETS SIZE CHART

SINGLETS

Last Updated: May 2025

Classic & Compression Fit - Designed For Easy Unrestricted Movement

MEN

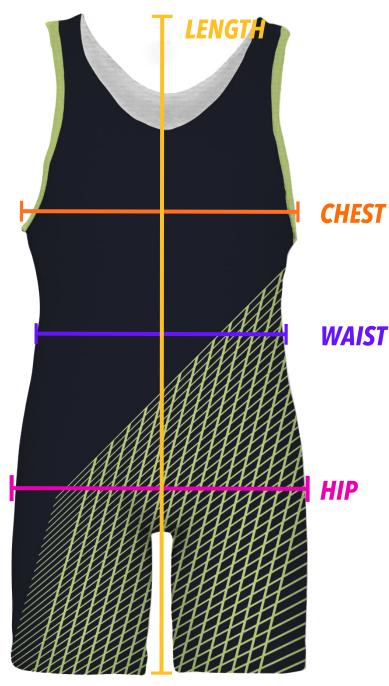
SIZE	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	32 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5	48.5 - 53.5	53.5 - 58	58 - 62.5
WAIST	28 - 29	29 - 32	32 - 35	35 - 38	38 - 43	43 - 47.5	47.5 - 52.5	52.5 - 57.5
HIP	33.5 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 47	47 - 50.5	50.5 - 53.5	53.5 - 56.5
LENGTH	27.5	29.5	30.5	31.5	33	34	35	36
LBS	90 - 110	110 - 130	130 - 155	155 - 185	185 - 225	225 - 275	275 - 325	325 +

WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL	W4XL
CHEST	29.5 - 32.5	32.5 - 35.5	35.5 - 38	38 - 41	41 - 44.5	44.5 - 48.5	48.5 - 50	50 - 53.5
WAIST	23 - 26	26 - 29	29 - 31.5	31.5 - 34.5	34-5 - 38.5	38.5 . 42.5	42.5 - 45	45 - 48.5
HIP	33.5 - 35.5	35.5 - 38.5	38.5 - 41	41 - 44	44 - 47	47 - 50	50 - 53	53 - 56
LENGTH	26	27.75	29.5	31.25	33	34.5	39	43
LBS	75 - 95	95 - 115	115 - 130	130 - 155	155 - 175	175 - 195	195 - 215	215 - 235

YOUTH

SIZE	YXS	YS	YM	YL	YXL
CHEST	25.5 - 26	26 - 27	27 - 29.5	29.5 - 32	32 - 34.5
WAIST	23.5 - 24	24 - 25.5	25.5 - 27	27 - 28	28 - 29
HIP	27 - 28	28 - 29.5	29.5 - 31.5	31.5 - 33.5	33.5 - 35.5
LENGTH	23.5	24.5	25.5	26.5	27.5
LBS	40	40 - 60	60 - 75	75 - 90	90 - 105



All sizes are in inches*

How To Measure

CHEST/BUST: Wrap the tape around the fullest part of your chest, keeping it level.

WAIST: Find the narrowest part of your waist (where you bend) and measure around it.

HIPS: Measure around the fullest part of your hips.

WEIGHT (LBS): Weigh yourself on a scale to get your current weight for size reference.

If you cannot decide between two sizes, please choose the smaller size for a tighter fit or the larger size for a looser fit.