

POWERLIFTING SINGLETS SIZE CHART

Last Updated: November 2023

Classic Fit - Designed For Easy Unrestricted Movement

MEN

SINGLETS

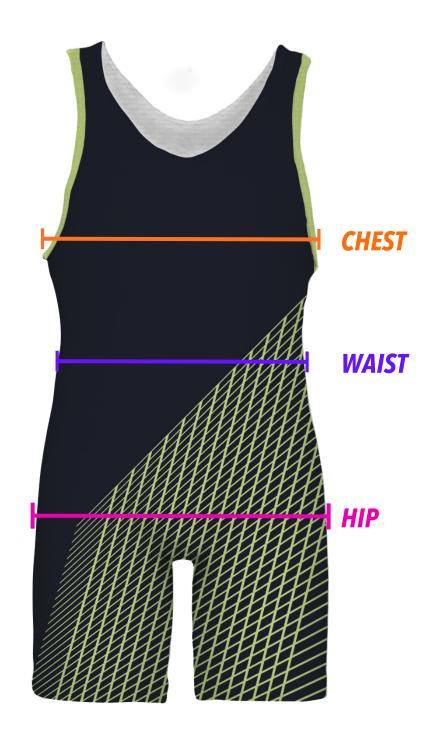
SIZE	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	33.5 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5	48.5 - 53.5	53.5 - 58	58 - 63
WAIST	27 - 29	29 - 32	32 - 35	35 - 38	38 - 43	43 - 47.5	47.5 - 52.5	52.5 - 57
HIP	33.5 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 47	47 - 50.5	50.5 - 53.5	53.5 - 57
LBS	110 - 130	130 - 150	150 - 170	170 - 190	190 - 210	210 - 240	240 - 270	270+

WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL	W4XL
CHEST	30 - 32	33 - 35	35 - 38	39 - 41	41 - 44	45 - 47	48 - 50	51 - 53
WAIST	24 - 26	27 - 29	30 - 32	33 - 35	36 - 38	39 - 41	42 - 44	45 - 47
HIP	33 - 35	36 - 38	39 - 41	41 - 44	45 - 47	48 - 50	51 - 53	54 - 56

YOUTH

SIZE	YXS	YS	YM	YL	YXL
CHEST	25.5 - 26	26 - 27	27 - 29.5	29.5 - 31	32 - 35
WAIST	23.5 - 24	24 - 25.5	25.5 - 27	27 - 28.5	28.5 - 29.5
HIP	27 - 28	28 - 29.5	29.5 - 31.5	31.5 - 33.5	33.5 - 35
LBS	40 - 60	60 - 80	80 - 90	90 - 110	110 - 130



How To Measure

WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.

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