

# RIVAL 2.0

## MEASUREMENT GUIDE

NAME \_\_\_\_\_

SUIT SIZE \_\_\_\_\_

**1** chest \_\_\_\_\_ cm  
\* Measure the fullest part, under the armpits and over the shoulder blades

**3** hips \_\_\_\_\_ cm  
\* Measure the fullest part

**2** waist \_\_\_\_\_ cm  
\* Measure the narrowest part, around the natural waistline

MALE MEASUREMENTS						
SIZE	22	24	26	28	30	32
HIP (IN)	34.6-36.2	35.4-37	36.2-37.8	37-38.6	37.8-39.4	38.6-40.9
HIP (CM)	88-92	90-94	92-96	94-98	96-100	98-104
FEMALE MEASUREMENTS						
SIZE	22	24	26	28	30	32
CHEST (IN)	33.8-35.4	34.6-36.2	35.4-37	36.2-37.8	37-38.6	37.8-40.2
WAIST (IN)	26-27.2	26.8-28	27.6-28.7	28.3-29.5	29.1-30.3	29.9-31.9
HIP (IN)	34.6-36.2	35.4-37	36.2-37.8	37-38.6	37.8-39.4	38.6-40.9
CHEST (CM)	86-90	88-92	90-94	92-96	94-98	96-102
WAIST (CM)	66-69	68-71	70-73	72-75	74-77	76-81
HIP (CM)	88-92	90-94	92-96	94-98	96-100	98-104

If Between Sizes...

\*Ladies, go with your hip measurement – we recommend taking a Gatorade break halfway through putting it on.

\*Gentlemen, size up if you are extremely tall, have super buff quads, or just really enjoy pizza.

All, size down if your hip measurement is on the low end of the size range and would like a more compressive fit.



\*Swimmer is 6'0 and 170lbs.



\*Swimmer is 5'10 and 145lbs.

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