

PRANA Sizing Chart

Female Recommended Range for **HEIGHT & WEIGHT**

PRANA SIZE	HEIGHT	WEIGHT
18	5' - 5'4"	95-105
20	5' - 5'6"	100-125
22	5'3" - 5'8"	110-145
24	5'5" - 5'10"	125-160
26	5'6" - 5'11"	140-175
28	5'6" - 5'11"	160-185
30	5'6" - 5'11"	170-190
32	5'6" - 6'	170-190
34	5'6" - 6'1"	170-200



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com

Phone: 888-369-7946

Text: 608-573-5038



PRANA Sizing Chart

Male Recommended Range for **HEIGHT & WEIGHT**

PRANA SIZE	HEIGHT	WEIGHT
18	5' - 5'3"	95-110
20	5'2" - 5'8"	115-150
22	5'5" - 6'	120-180
24	5'9" - 6'2"	160-190
26	5'10" - 6'3"	170-210
28	5'11" - 6'6"	170-210
30	5'11" - 6'6"	170-210
32	6' +	180-220
34	6' +	180+



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com

Phone: 888-369-7946

Text: 608-573-5038



PRANA Actual Sizing Data

PRANA

Male

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
5'2"	100	18	14	6'2	180	22	19
5'7"	115	20	14	6'3	195	22	21
5'5"	125	20	14	6'0	160	22	18
5'9"	150	20	18	5'11	165	22	21
6'2	160	20	18	5'10	168	22	19
5'9	155	20	20	6'3	175	22	20
6'0	165	20	21	5'11	160	22	21
5'10	172	20	21	5'10	175	22	22
6'2	175	20	21	5'5"	114	22	22
5'8	170	20	22	5'5	160	24	17
5'2"	95	20	13	5' 3"	126	22	14
5'2"	85	20	13	5'7*	140	22	19
5'5"	114	22	22	5'9"	147	22	19
5'11	165	22	19	5'11"	160	22	19
5'11	147	22	19	5'8"	150	22	19
6'4	180	22	19	5'8"	165	22	19
6'0	185	22	19	5'7*	146	22	19
5'5	132	22	17	5'11"	163	22	19
5'11"	160	22	16	5'8*	135	22	19
5'10"	150	22	15	5'10"	155	22	19
6'2"	180	22	15	5'11"	165	22	19
6'1"	150	22	16	6'2"	166	22	19
6'1"	160	22	18	5'7	140	22	14
6'0	167	22	20	5'5	103	22	13
6'1	168	22	18	5'10	144	22	15
6'3	170	22	19	6'1"	157	22	19
6'0	180	22	18	5'9"	140	22	19
5'11	184	22	18	5'9"	135	22	19
6'0	179	22	19	5'11"	170	22	19
				5'4"	138	22	20



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038

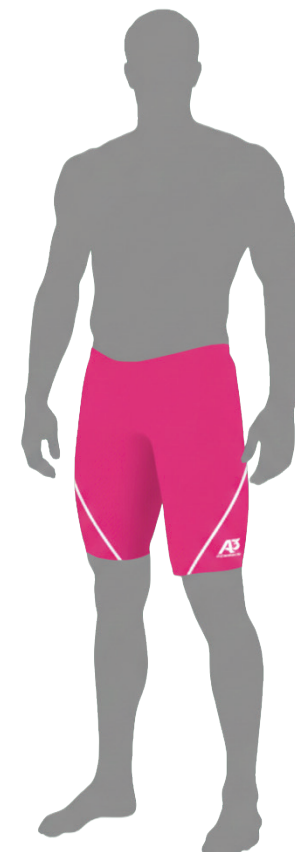


PRANA Actual Sizing Data

Male

PRANA

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
6'0	145	22	16	6'0	185	24	22
5'10"	125	22	16	6'0	165	24	19
6'1"	140	22	16	5'11	174	24	22
6'1"	139	22	15	5'9	170	24	20
6'3"	155	22	17	6'0	180	24	21
5'7	146	22	15	6'6	182	24	19
6'1"	157	22	18	6'2	185	24	20
5'9"	140	22	19	6'0	191	24	21
5'9"	135	22	19	5'10	172	24	21
5'11"	170	22	20	5'10	172	24	21
5'4*	138	22	18	6'3	170	24	22
6'0	145	22	15	5'10	170	24	21
5'10"	125	22	16	5'11	160	24	20
6'1"	140	22	15	6'0	173	24	21
6'1"	139	22	15	5'6	152	24	19
6'3"	155	22	17	6'1	185	24	18
6'1"	180	24	16	5'11	159	23	20
6'0	146	24	15	6'2	187	24	20
6'4"	190	24	21	6'1	180	24	19
5'9	152	24	16	5'11	173	24	19
5'9"	180	24	20	6'2	182	24	19
5'4	150	24	16	5'10	160	24	20
5'6	151	24	17	6'4	200	24	22
6'3	164	24	16	6'0	195	24	20
6	180	24	20	6'0	210	24	20
6'2"	195	24	23	5'6"	145	24	24
5'9	180	24	22	6'1"	180	24	19
6'0	183	24	18	5'9"	165	24	19
5'9	170	24	20	5'5"	170	24	19
5'11	170	24	21	5'11"	175	24	19



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038

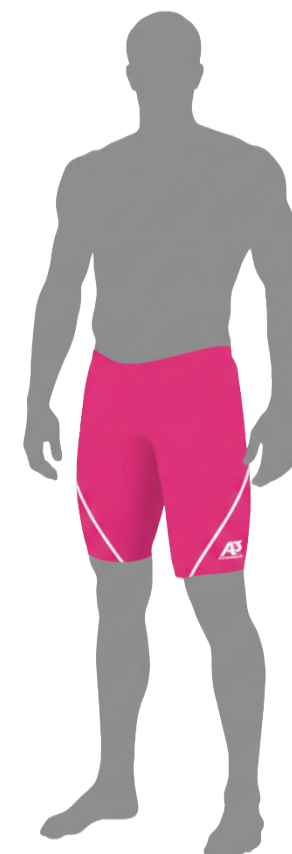


PRANA Actual Sizing Data

PRANA

Male

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
6'2"	165	22	19	6'2"	170	24	18
5'10"	165	22	19	6'0"	175	24	18
6'1"	176	22	19	5'8"	165	24	18
5'10"	175	22	19	6'2"	185	24	18
5'8"	155	22	15	6'4"	180	24	18
6'1"	170	22	18	6'1"	203	24	19
6'2"	170	22	18	5'11"	170	24	19
5'11"	165	22	18	6'3"	185	24	20
5'10"	160	22	19	6'1"	180	24	19
6'2"	170	22	19	5'7"	170	24	19
.0.9	175	22	19	5'8"	158	24	15
5'8"	165	22	19	6'0"	150	24	17
6'2"	185	22	20	6'2"	165	24	17
6'4"	180	22	20	5'9"	145	24	15
6'1"	203	22	19	5'10"	145	24	16
5'11"	170	22	19	5'5"	141	24	14
6'3"	185	24	19	6'1"	200	26	15
6'1"	180	24	19	5'11"	173	26	19
5'7"	170	24	20	5'8"	176	26	16
5'8"	158	24	15	6	210	26	19
6'0"	150	24	17	6'7"	215	26	18
6'2"	165	24	17	6'4"	220	26	18
5'9"	145	24	14	6'0"	185	26	19
5'10"	145	24	16	6'0"	180	26	16
5'5"	141	24	14	5'11"	185	26	20
5'8"	155	24	15	6'5"	210	26	21
6'1"	170	24	19	6'3"	199	26	20
6'2"	170	24	19	6'6"	207	26	20
5'11"	165	24	18	6'6"	210	26	21
5'10"	160	24	19	5'9"	142	26	21



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

PRANA

Male

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
6'5	195	26	18	6'1"	165	26	19
6'3	185	26	22	6'4"	195	26	19
6'1	205	26	21	5'10"	170	26	19
6'4	191	26	19	6'4'	215	26	24
6'2	195	26	18	6'0	166	26	15
6'1"	205	26	16	5'6	165	26	16
6'3"	190	26	21	6'4"	194	26	16
6'1"	182	26	19	5'10"	175	26	16
6'3"	187	26	19	5'9"	170	26	13
6'5"	195	26	19	5'10"	175	26	15
6'3"	190	26	19	6'5'	180	26	16
6'1"	174	26	19	6'1"	158	26	15
6'5"	177	26	19	6'6	205	26	20
6'0"	190	26	19	6	200	28	23
6'1"	165	26	20	6'5	225	28	21
6'4"	195	26	20	5'9"	187	28	19
5'10"	170	26	19	6'3"	202	28	19
6'4"	215	26	25	5'10" [1]	195	28	19
6'0	166	26	15	6'6"	200	28	19
5'9"	165	26	16	5'3"	165	28	15
6'4"	194	26	16	6'1"	182	28	15
5'10"	175	26	17	6'0	190	28	20
5'9"	170	26	13	6'3"	200	28	12
5'10"	175	26	15	6'6"	200	28	19
6'5"	180	26	16	5'3"	165	28	15
6'1"	158	26	15	6'1"	182	28	16
6'6"	205	26	26	6'3"	200	28	12
6'1"	174	26	20	6'1"	208	30	19
6'5"	177	26	20	6'3"	210	30	19
.0.9	190	26	19	6'0"	170	30	18
5'11"	190	30	19				
6'0"	170	30	18				
5'11"	190	30	19				
6'1"	210	32	61				

*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.



If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

PRANA

Female

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
5'3"	95	18	13	5'7"	123	20	14
5'4"	103	18	20	5'3"	108	20	14
5'2"	100	18	14	5'13	110	20	13
5'3"	101	18	13	5'9'	130	20	20
5'5	95	18	13	5'2'	130	20	19
5'4"	115	18	16	5'2"	115	20	19
5'3"	118	18	17	5'3"	112	20	19
5'4"	103	18	20	5'0"	100	20	13
5'3"	95	18	13	5'0'	123	20	14
5'2"	100	18	14	5'3'	130	20	19
5'3"	101	18	13	5'3"	114	20	19
5'3"	118	18	17	5'2'	113	20	19
5'3"	101	18	13	5'3'	107	20	19
5'3"	130	20	19	5'2'	120	20	20
5'3"	114	20	20	5'3'	121	20	13
5'2"	113	20	20	5'6'	110	20	13
5'4"	128	20	20	5'0'	100	20	14
5'3"	107	20	19	5'4"	112	20	13
5'3'	112	20	19	5'3"	102	20	13
5'0"	123	20	13	5'5	117	20	17
5'2"	120	20	19	5'7"	123	20	14
5'3'	121	20	13	5'3'	108	20	14
5'6"	110	20	13	5'4"	122	20	21
5'0"	100	20	14	5'13	118	20	18
5'0"	100	20	13	5'3'	130	20	19
5'4"	112	20	14	5'6	125	20	19
5'3"	102	20	12	5'6'	136	22	17
5'5 1/2	117	20	17	5'8'	108	22	19
				5'6'	146	22	20
				5'8"	138	22	19



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

PRANA

Female

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
5'8"	126	22	19	5'6"	135	22	19
5'6"	133	22	19	5'7"	115	22	13
5'7"	150	22	19	5'3"	133	22	16
5'6"	143	22	19	5'5"	105	22	14
5'9"	153	22	20	5'9"	153	22	19
5'7"	140	22	20	5'7"	140	22	19
5'7"	130	22	20	5'7"	130	22	19
5'2"	120	22 [1]	12	5'9"	135	22	16
5'3'	120	22	19	5'8'	126	22	19
5'3"	110	22	19	5'7"	130	22	18
5'4"	135	22	20	5'10"	135	22	16
5'3'	120	22	58	5'6'	136	22	17
5'7"	130	22	18	5'8'	108	22	19
5'10'	135	22	16	5'6"	146	22	19
5'8"	135	22	19	5'8"	138	22	20
5'5"	120	22	15	5'6"	133	22	20
5'6"	120	22	15	5'7"	150	22	20
5'9'	135	22	16	5'6'	143	22	20
5'2"	130	22	16	5'3'	120	22	20
5'6'	120	22	13	5'3'	110	22	20
5'5'	125	22	13	5'4"	135	22	19
5'5"	130	22	16	5'3'	120	22	58
5'4'	115	22	13	5'5"	120	22	15
5'4"	133	22	16	5'6"	120	22	15
5'6"	138	22	19	5'6'	130	22	15
5'6'	145	22	19	5'6'	120	22	13
5'10'	150	22	19	5'2'	130	22	20
5'4'	145	22	19	5'5'	114	22	22
5'4"	140	22	19	5'9"	140	22	17
				5'4"	130	22	16



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

Female

PRANA

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
5'9'	143	22	17	5'6"	145	24	20
5'4	128	22	19	5'6"	140	24	16
5'5	135	22	19	5'10"	155	24	19
5'5	122	22	21	5'6'	130	24	18
5'4	142	22	22	5'7'	137	24	16
5'5	135	22	22	5'7"	132	24	19
5'2	125	22	21	5'7"	160	24	15
5'7	132	22	21	5'6"	145	24	19
5'7"	125	22	16	5'7"	140	24	21
5'9'	145	24	19	6'0	150	24	18
5'6'	147	24	19	5'3	132	24	18
5'6"	145	24	20	5'6"	110	24	13
5'3"	5'2	24	16	5'10"	150	24	15
5'3"	144	24	13	5'10"	130	24	18
5'6"	131	24	15	5'8"	160	24	20
5'3'	135	24	13	5'6	147	24	19
5'6	150	24	19	5'6	145	24	21
5'7"	156	24	20	5'7	128	24	20
5'6'	145	24	19	5'2	132	24	20
5'6"	146	24	20	5'9	130	24	20
5'7'	137	24	19	5'9	143	24	14
5'6'	156	24	20	5'8"	151	24	19
5'7"	150	24	21	5'11"	122	24	19
5'4'	150	24	19	5'5	123	24	19
5'10"	145	24	20	5'9"	145	24	20
5'8'	151	24	20	5'7"	156	24	20
5'11"	122	24	20	5'6"	156	24	20
5'5"	123	24	20	5'6"	147	24	20
5'6"	147	24	20	5'6"	140	24	19
5'6"	140	24	20	5'6"	145	24	19



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

PRANA

Female

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
6'0	150	24	18	5'8"	155	26	19
5'6"	110	24	13	5'9'	156	26	19
5'10"	150	24	16	5'8"	160	26	20
5'6"	140	24	16	5'4"	165	26	20
5'6"	147	24	19	5'4"	135	26	20
5'6"	145	24	19	5'6"	160	26	20
5'6"	146	24	19	5'5"	140	26	13
5'10"	145	24	19	5'5'	140	26	20
5'10"	155	24	20	5'4"	160	26	21
5'7'	137	24	16	5'9"	145	26	21
5'7"	160	24	15	5'6'	160	26	21
5'8"	140	24	16	5'8"	145	26	20
5'5"	130	24	16	5'4"	165	26	20
5'5'	148	24	20	5'11	160	26	16
5'8"	150	24	18	5'2"	142	26	35
5'8"	145	24	23	5'8"	155	26	13
5'7	165	24	20	0.9	182	26	21
6'0	155	24	20	5'8"	155	26	19
5'10	140	24	21	5'5'	159	26	19
5'8	150	24	21	5'7'	173	26	19
5'4	145	24	19	5'3'	174	26	19
5'9	141	24	20	5'8'	160	26	18
5'5	123	24	18	5'4"	135	26	18
5'8	160	24	21	5'6'	160	26	18
5'8	135	24	21	5'2'	142	26	35
5'5	145	24	19	5'9"	156	26	18
5'7	150	24	13	5'5'	140	26	18
5'7"	155	24	18	5'4"	160	26	18
5'7"	173	26	19	5'9"	145	26	19
5'3"	174	26	19	5'8	155	26	13



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038



PRANA Actual Sizing Data

Female

PRANA

HEIGHT	WEIGHT	SIZE	AGE	HEIGHT	WEIGHT	SIZE	AGE
5'8	155	26	19	5'2"	155	28	16
5'5'	140	26	13	5'11"	190	28	19
5'6	160	26	19	5'9'	180	28	19
5'8'	145	26	19	5'2" [2]	155	28	16
5'4'	165	26	19	5'11"	190	28	19
5'11	160	26	16	5'9	158	28	20
5'8"	160	26	17	5'11"	160	28	19
5'7"	170	26	18	5'10"	166	28	18
5'5"	150	26	15	5'5'	190	30	19
5'4"	155	26	15	5'5	171	30	61
5'10"	160	26	23	5'2'	140	30	75
5'11	140	26	18	5'5"	190	30	60
5'10	140	26	21	5'2'	140	30	75
5'6	150	26	20	5'5	171	30	50
5'10	163	26	20	5'9	175	30	20
5'5	166	26	21	5'9	180	30	18
5'6	153	26	20	5'11	172	30	21
5'4	130	26	18	5'10	158	32	70
5'8	145	26	18	5'5	170	32	36
5'2	135	26	21	5'10	158	32	70
5'6	152	26	18	5'5	170	32	62
5'6	155	26	21				
5'8	142	26	18				
5'6	150	26	18				
5'9'	140	26	18				
5'6	150	26	21				
5'11"	155	26	19				
5'5	120	26	16				
6'4"	168	26	17				
5'9"	180	28	19				



*Please understand that above are recommendations based on how we believe the suit best fits. All bodies are different and personal preference plays a role in tech suit sizing. Some athletes may choose a different size than what's recommended below based on their personal preference. Please contact us if you have any questions or are in need of assistance.

If you have any questions or would like a recommendation from one of our size specialists, please contact us.

Email: info@a3performance.com | Phone: 888-369-7946 | Text: 608-573-5038

