

PHENOM Sizing Chart

MALE Recommended Range for HEIGHT & WEIGHT

SIZE	HEIGHT	WEIGHT
20	5'3-5'9	120-155
22	5'4-6'1	125-170
24	5'6-6'3	140-205
26	5'8-6'5	160-215
28	5'8-6'6	165-220
30	5'9-6'7	170-225
32	5'10+	190-230

PHENOM

PHENOM ACTUAL SIZING DATA

20		22		24		26		28	
HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT
5'4	124	5'4	138	5'7	170	5'9	165	5'3	165
5'5	143	5'9	135	5'8	155	5'9	170	5'10	187
5'6	134	5'9	140	5'8	158	5'10	170	6'0	190
5'6	148	5'10	125	5'8	165	5'10	175	6'1	182
5'7	120	5'11	170	5'10	160	6'0	166	6'2	189
5'8	136	6'0	145	5'11	165	6'0	190	6'3	200
5'8	158	6'1	134	5'11	170	6'1	165	6'6	200
5'9	126	6'1	140	6'0	150	6'1	174		
5'10	143	6'1	157	6'0	175	6'4	194		
				6'1	170	6'4	195		
				6'1	180	6'4	215		
				6'1	203	6'5	177		
				6'2	165				
				6'2	170				
				6'2	185				
				6'3	185				
				6'4	180				
30		32							
HEIGHT	WEIGHT	HEIGHT	WEIGHT						
5'10	200	5'11	224						
5'11	200	6'0	207						
5'11	218	6'1	210						
6'0	170	6'4	220						
6'2	188								
6'2	190								
6'3	203								
6'3	214								
6'4	191								



*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



PHENOM Sizing Chart

Female Recommended Range for Height and Weight

SIZE	HEIGHT	WEIGHT
18	4'11"-5'4"	95-105
20	5'0"-5'6"	98-130
22	5'1"-5'9"	105-150
24	5'2"-5'11"	120-160
26	5'2"-6'0"	135-170
28	5'3"-6'1"	140-180
30	5'4"-6'2"	160-185
32	5'5"-6'3"	160-200
34	5'6" +	180-210

PHENOM ACTUAL SIZING DATA

	18	
STYLE	WEIGHT	WEIGHT
Closedback	5'1"	110
Powerback	5'2"	100
Closedback	5'2"	105
Powerback	5'3"	95
Powerback	5'3"	101
Closedback	5'4"	103

	20	
STYLE	WEIGHT	WEIGHT
Closedback	5'0"	100
Closedback	5'0"	123
Powerback	5'2"	113
Powerback	5'2"	120
Powerback	5'3"	107
Closedback	5'3"	112
Powerback	5'3"	114
Powerback	5'3"	121
Powerback	5'3"	130
Powerback	5'4"	99
Powerback	5'6"	110

	22	
STYLE	WEIGHT	WEIGHT
Powerback	5'2"	120
Powerback	5'3"	102
Powerback	5'3"	110
Powerback	5'3"	120
Powerback	5'4"	112
Powerback	5'4"	135
Closedback	5'5"	117
Powerback	5'6"	133
Powerback	5'6"	136
Powerback	5'6"	143
Powerback	5'6"	146
Powerback	5'7"	123
Closedback	5'7"	130
Closedback	5'7"	140
Powerback	5'7"	150
Powerback	5'8"	108
Closedback	5'8"	126
Powerback	5'8"	138
Closedback	5'9"	153



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PHENOM ACTUAL SIZING DATA

PHENOM

	24	
STYLE	WEIGHT	WEIGHT
Powerback	5'3	120
Powerback	5'5	120
Powerback	5'6	120
Powerback	5'6	145
Powerback	5'6	146
Powerback	5'6	147
Closedback	5'6	156
Closedback	5'7	130
Closedback	5'7	156
Closedback	5'8	151
Closedback	5'9	145
Closedback	5'10	135
Powerback	5'10	145
Closedback	5'11	122

	26	
STYLE	WEIGHT	WEIGHT
Closedback	5'3	174
Powerback	5'4	135
Powerback	5'5	123
Powerback	5'5	140
Closedback	5'6	140
Closedback	5'6	145
Closedback	5'6	147
Powerback	5'6	160
Powerback	5'7	137
Powerback	5'7	160
Closedback	5'7	173
Powerback	5'8	155
Closedback	5'8	160
Closedback	5'9	156
Powerback	5'10	155

	28	
STYLE	WEIGHT	WEIGHT
Powerback	5'2	155
Closedback	5'4	160
Powerback	5'4	165
Closedback	5'5	140
Powerback	5'6	160
Powerback	5'8	145
Closedback	5'8	178
Closedback	5'9	145
Closedback	5'9	155
Powerback	5'9	180
Powerback	5'11	160

	30	
STYLE	WEIGHT	WEIGHT
Closedback	5'4	162
Powerback	5'6	181
Powerback	5'7	180
Closedback	5'10	178
Powerback	5'11	182
Closedback	5'7	172
Powerback	5'8	167
Closedback	5'9	175

	32	
STYLE	WEIGHT	WEIGHT
Closedback	5'5	190
Closedback	5'6	182
Closedback	5'8	164
Closedback	5'10	163
Powerback	5'10	185
Closedback	6'0	195
Powerback	6'1	200

	34	
STYLE	WEIGHT	WEIGHT
Closedback	5'8	180
Closedback	5'7	195
Powerback	6'1	208
Closedback	5'10	197



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