

Fastskin 2024 Intent & Valor 2:0

Size & Fit Guide



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Guidelines

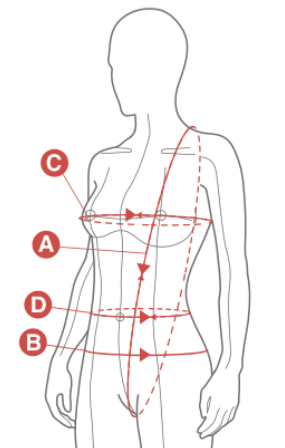
- Please use our size guides to help select the right size suit for you, use the body loop measurement and hip measurement as priority.
- Due to the new Lamoral finish, the LZR PURE INTENT suit is slightly more compressive and will fit slightly tighter. Consumers must therefore measure themselves and consult the sizing chart before making a purchase.
- If you measure between two sizes, we recommend you choose the larger of the two sizes and we advise you not to size down (Intent specific).
- Whilst we recommend to use our size chart as a guide for the best fit, preference of fit is a very personal thing, you may want to adjust your size of suit based on your personal preference. Therefore, if the compression level is too high on the LZR PURE INTENT, we recommend sizing up one size or trying the LZR PURE VALOR which offers a lower level of compression.
- LZR PURE INTENT is designed and engineered to be of the highest compression suit.
- LZR PURE VALOR is designed and engineered to be a mid level compression suit.



Female LZR Pure Intent 2.0 & LZR Pure Valor 2.0



SIZE	20	22	23	24	25	26	28	30
Body measurements								
A-Body Loop CM	142.0-148.0	148.0-153.0	151.0-156.0	154.0-158.0	157.0-162.0	160.0-165.5	165.5-171.0	171.0-177.0
A-Body Loop inches	56.0-58.0	58.0-60.0	59.5-61.5	60.5-62.0	61.5-63.5	63.0-65.0	65.0-67.5	67.5-69.5
B-Hip CM	81.0-87.0	87.0-90.0	90.0-93.0	93.0-96.0	99.0-99.0	99.0-103.5	103.5-108.0	108.0-114.0
B-Hip inches	32.0-34.0	34.0-35.5	35.5-36.5	36.5-37.5	37.5-39.0	39.0-40.5	40.5-42.5	42.5-45.0
C-Chest CM	78.0-84.0	84.0-87.0	87.0-90.0	90.0-93.0	93.0-96.0	96.0-101.0	101.0-105.0	105.0-111.0
C-Chest inches	30.5-33.0	33.0-34.0	34.0-35.5	35.5-36.5	36.5-37.5	37.5-40.0	40.0-41.5	41.5-43.5
D-Waist CM	61.5-66.0	66.0-69.0	69.0-71.5	71.5-74.0	74.0-76.5	76.5-80.0	80.0-84.0	84.0-89.0
D-Waist inches	24.0-26.0	26.0-27.0	27.0-28.0	28.0-29.0	29.0-30.0	30.0-31.0	32.0-33.0	33.0-35.0

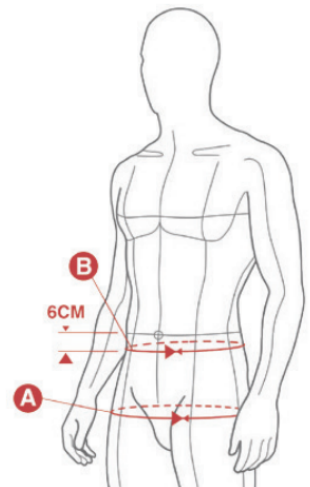


Male LZR Pure Intent 2.0 & LZR Pure Valor 2.0



SIZE	18	20	22	23	24	25	26	28	30
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Body measurements									
A-Hip CM	80.0-84.0	84.0-88.0	88.0-92.0	92.0-95.0	95.0-99.0	99.0-102.0	102.0-106.5	106.5-111.0	111.0-117.0
A-Hip inches	31.5-33.0	33.0-34.5	34.5-36.5	36.5-37.5	37.5-39.0	39.0-40.0	40.0-42.0	42.0-43.5	43.5-46.0
B-Waist CM	61.0-67.0	67.0-73.0	73.0-77.0	77.0-80.0	80.0-84.0	84.0-87.0	87.0-91.5	91.5-96.0	96.0-102.0
B-Waist inches	23.0-26.0	26.0-29.0	29.0-30.5	30.5-31.5	31.5-33.0	33.0-34.0	34.0-36.0	36.0-37.5	37.5-40.0



A-Hip is measured at widest point.

B-Waist is 6cm below natural waist (smallest part of waist).



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Kneeskin Donning Tips & Tricks

- LZR PURE INTENT & LZR PURE VALOR are designed and developed to have various compression zones in targeted areas on the body. Due to this the suits may take a little longer to get on, this is normal for a race suit.
- To put the suit on please step into it via the neck opening on both the Closedback and the Openback.
- Once you have stepped into the suit, work the suit up little by little above your knees on both legs ensuring the suit is even. (Tip - turn the bottom of the leg hem gripper up whilst donning).
- Continue to work the suit up little by little using the seams to help you pull the suit up.
- For the LZR PURE INTENT suit to fit correctly the side panels of the suit (at the narrowest point) should sit in line with your greater trochanter (the pivot point on you hip).
- For the LZR PURE VALOR suit to fit correctly, the side seam should sit down the middle side of the leg for optimal performance. The core liner panel should fit over your hip bone, this will help with full core engagement.
- As part of the suit design some areas of the suit are lined for optimal performance and compression. LZR PURE INTENT has a full back liner construction so when fitting make sure to put your hands down the back of the suit and pull up the butt and crotch liner into a comfortable position.
- The LZR PURE INTENT suit has smaller core liner panels placed on both sides of the hips, please make sure they are pulled up and placed over your hip.
- Work the rest of the suit up and over your chest, put your arms into the shoulder straps and pull them up. If possible, get someone to help you put the shoulder straps on (Tip - pull the shoulder straps slightly away from the body when pulling it over your elbow and through the shoulder strap)
- Once the suit is fully on the body bend over slightly, if there is any excess fabric in the core area of the suit move the suit upwards.
- Note the Closedback suit may take a bit longer to get over your hips than the Openback due to the core compression.
- Don't forget to turn the bottom of your leg hems grippers down.
- Make sure when putting on your suit you make sure you leave plenty of time and keep dry and cool. Sweating or rushing to get your suit on can make it harder!



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Jammer Donning Tips & Tricks

- LZR PURE INTENT & LZR PURE VALOR are designed and developed to have various compression zones in targeted areas on the body. Due to this the suits may take a little longer to get on, this is normal for a race suit.
- To put the suit on step in through the waist opening. (Tip - undo the draw cord and stretch the waistband slightly to relax the waist before donning).
- Once you have stepped into the suit, work the suit up little by little above your knees on both legs ensuring the suit is even. (Tip - turn the bottom of the leg hem gripper up whilst donning).
- Continue to work the suit up little by little using the seams to help you pull the suit up.
- For the LZR PURE INTENT suit to fit correctly the side panels of the suit (at the narrowest point) should sit in line with your greater trochanter (the pivot point on you hip).
- For the LZR PURE VALOR suit to fit correctly, the side seam should sit down the middle side of the leg for optimal performance .
- As part of the suit design some areas of the suit are lined for optimal performance and compression. LZR PURE INTENT has a full back liner construction so when fitting make sure to put your hands down the back of the suit and pull up the butt and crotch liner into a comfortable position.
- Make sure the waistband is placed high enough and the crotch area of the suit sits well into your crotch, so it feels secure and comfortable and there are no air pockets.
- Tie your drawcord so it is comfortable for you yet tight enough to prevent any water ingress.
- Once the suit is fully on the body make sure the suit is in the correct position for you, high waist jammers should fit higher and just under you belly button whereas low waist jammers should fit below your waist.
- Don't forget to turn the bottom of your leg hems grippers down.
- Make sure when putting on your suit you make sure you leave plenty of time and keep dry and cool. Sweating or rushing to get your suit on can make it harder!

