

Measure waist circumference.

Size	Waist Circumference	Item Number
S	31.5 - 35.5 in (80 - 90 cm)	50R52=S
M	35.5 - 39.5 in (90 - 100 cm)	50R52=M
L	39.5 - 43.25 in (100 - 110 cm)	50R52=L
XL	43.25 - 47.25 in (110 - 120 cm)	50R52=XL
XXL	47.25 - 51.25 in (120 - 130 cm)	50R52=XXL