

Measure waist circumference.

| Size | Waist Circumference             | Standard Item # | Low-Profile Item # |
|------|---------------------------------|-----------------|--------------------|
| XS   | 27.5 - 31.5 in (70 - 80 cm)     | 50R50=XS        | 50R51=XS           |
| S    | 31.5 - 35.5 in (80 - 90 cm)     | 50R50=S         | 50R51=S            |
| M    | 35.5 - 39.5 in (90 - 100 cm)    | 50R50=M         | 50R51=M            |
| L    | 39.5 - 43.25 in (100 - 110 cm)  | 50R50=L         | 50R51=L            |
| XL   | 43.25 - 47.25 in (110 - 120 cm) | 50R50=XL        | 50R51=XL           |
| XXL  | 47.25 - 51.25 in (120 - 130 cm) | 50R50=XXL       | 50R51=XXL          |