

Measure waist circumference.

Size	Waist Circumference	Item #
XS	27.6 - 31.5 in (70 - 80 cm)	50R54=XS
S	31.5 - 35.4 in (80 - 90 cm)	50R54=S
M	35.4 - 39.4 in (90 - 100 cm)	50R54=M
L	39.4 - 43.3 in (100 - 110 cm)	50R54=L
XL	43.3 - 47.2 in (110 - 120 cm)	50R54=XL
XXL	47.2 - 51.2 in (120 - 130 cm)	50R54=XXL