

Measure hip circumference.

S fits 26.0 - 32.0 in.
66.0 - 81.3 cm

M fits 34.0 - 40.0 in.
86.4 - 101.6 cm

L fits 42.0 - 48.0 in.
106.7 - 121.9 cm

XL fits 50.0 - 56.0 in.
127.0 - 142.2 cm