

Measure waist circumference.

Size	Waist Circumference	Part Number
XS	27.6" - 31.5" (70 - 80cm)	50R40=XS
S	31.5" - 35.5" (80 - 90cm)	50R40=S
M	35.5" - 39.5" (90 - 100cm)	50R40=M
L	39.5" - 43.25" (100 - 110cm)	50R40=L
XL	43.25" - 47.25" (110 - 120cm)	50R40=XL
XXL	47.25" - 51.25" (120 - 130cm)	50R40=XXL