

Measure waist circumference.

Size	Waist Circumference	Part Number
S	25"-30" (63.5-76cm)	50R154N=S
M	30"-35" (76-89cm)	50R154N=M
L	35"-40" (89-101.5cm)	50R154N=L
XL	40"-45" (101.5-114.5cm)	50R154N=XL