

Measure waist circumference.

Size	Waist Circumference	Low Profile	Standard
S	25 - 30 in (63.5-76 cm)	50R151N=S	50R145N=S
M	30 - 35 in (76 - 89 cm)	50R151N=M	50R145N=M
L	35 - 40 in (89 - 101.5 cm)	50R151N=L	50R145N=L
XL	40 - 45 in (101.5 - 114.5 cm)	50R151N=XL	50R145N=XL
XXL	45 - 50 in (114.5 - 127 cm)	50R151N=XXL	50R145N=XXL
XXXI	50 - 55 in (127 - 139.5 cm)	50R151N=XXXL	50R145N=XXXL