

Measure around widest part of the hips.

S fits 30.0 - 32.0 in.
76.2 - 81.3 cm

M fits 34.0 - 36.0 in.
86.4 - 91.4 cm

L fits 38.0 - 40.0 in.
96.5 - 101.6 cm

XL fits 42.0 - 44.0 in.
106.7 - 111.8 cm

2XL fits 45.0 - 48.0 in.
114.3 - 121.9 cm