

Measure waist circumference.

Size	Material Number	Waist Circumference
XS	50R147N=XS-7	20 - 25 in (51 - 63 cm)
S	50R147N=S-7	25 - 30 in (63.5 - 76 cm)
M	50R147N=M-7	30 - 35 in (76 - 89 cm)
L	50R147N=L-7	35 - 40 in (89 - 101.5 cm)
XL	50R147N=XL-7	40 - 45 in (101.5 - 114.5 cm)
XXL	50R147N=XXL-7	45 - 50 in (114.5 - 127 cm)
XXXL	50R147N=XXXL-7	50 - 55 in (127 - 139.5 cm)

