

Measure waist circumference.

Size	Waist Circumference	Part Number
S	25"-30" (63.5-76cm)	50R153N=S
M	30"-35" (76-89cm)	50R153N=M
L	35"-40" (89-101.5cm)	50R153N=L
XL	40"-45" (101.5-114.5cm)	50R153N=XL
XXL	45"-50" (114.5-127cm)	50R153N=XXL
XXXL	50"-55" (127-139.5cm)	50R153N=XXXL