

Measure waist circumference.

Size	Waist Circumference	Item #
S	25 - 30 in (63.5 - 76 cm)	50R152N=S
M	30 - 35 in (76 - 89 cm)	50R152N=M
L	35 - 40 in (89 - 101.5 cm)	50R152N=L
XL	40 - 45 in (101.5 - 114.5 cm)	50R152N=XL