

**Measure waist circumference.**

**XS** fits 26.0 - 36.0 in.  
66.0 - 91.4 cm

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**R** fits 34.0 - 44.0 in.  
86.4 - 111.8 cm

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**XL** fits 42.0 - 52.0 in.  
106.7 - 132.1 cm

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**2XL** fits 50.0 - 60.0 in.  
127.0 - 152.4 cm