

HOW TO MEASURE

WAIST: Measure around your natural waistline. Be careful not to squeeze too tight to allow give.

HIP: With your feet shoulder width apart, measure around the fullest part of your hips to ensure you will have enough room to move comfortably.

Tall Sizes: All tall sizes are 2" / 5 cm longer than regular sizes.

SIZE CHART

	US Size	Waist (in)	Hip (in)
XS	28	28 - 29	33 - 34
SM	30	29 - 31	34 - 36
MD	32 - 33	31 - 34	36 - 39
LG	34 - 36	34 - 37	39 - 42
XL	38 - 40	37 - 41	42 - 46
XXL	42 - 44	41 - 45.5	46 - 50
3XL	46 - 48	45.5 - 50	50 - 54
4XL	50 - 52	50 - 54.5	54 - 58
5XL	54 - 56	54.5 - 59	58 - 62

	US Size	Waist (cm)	Hip (cm)
XS	28	71 - 74	84 - 86
SM	30	74 - 79	86 - 91
MD	32 - 33	79 - 86	91 - 99
LG	34 - 36	86 - 94	99 - 107
XL	38 - 40	94 - 104	107 - 117
XXL	42 - 44	104 - 116	117 - 127
3XL	46 - 48	116 - 127	127 - 137
4XL	50 - 52	127 - 138	137 - 147
5XL	54 - 56	138 - 150	147 - 157

