

## PRODUCT SPECIFICATIONS

Recommended Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST	28-29	29-31	31-34	34-37	37-41	41-45.5	45.5-50	50-54.5	54.5-59
HIPS	28-29	34-31	36-39	39-42	42-46	46-50	50-54	54-58	58-62

## HOW TO MEASURE

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

**WAIST** 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.