

	28	29	30	31	32	33	34	36	38	40	42	44	46	48
	S				M		L	XL	XXL		XXXL		XXXXL	
Waist	71-74	74-76	76-79	79-81	81-84	84-86	86-89	91-94	97-99	102-104	107-109	112-114	117-119	119-122
Hip	86-89	89-91	91-94	94-97	97-99	99-102	102-104	107-109	112-114	117-119	122-124	127-130	132-135	137-140
Inseam	76-77		77.5-79		79-80		80-81	81-82.5	82.5-84		84-85		84-85	
Height	168-173		173-178		178-183		183-188	185-191	185-191		185-191		185-191	

WAIST

With a tape measure, hold it level and measure the circumference at the waist's natural bend.

HIP

With the tape measure, hold it level and legs straight. Measure the circumference at the fullest point.

INSEAM

While standing without shoes and with feet slightly apart, measure from the crotch along the leg to the floor.