

[Inches](#)[Centimeters](#)

| Size | Waist (in) | Hip (in) | Inseam (Short) (in) | Inseam (Reg) (in) | Inseam (Long) (in) |
|----------------|------------|----------|------------------------|-------------------|-----------------------|
| S (30) | 29-30" | 35-36" | 29.5" | 31.5" | 33.5" |
| M (32) | 31-32" | 37-38" | 30" | 32" | 34" |
| M (34) | 33-34" | 39-40" | 30" | 32" | 34" |
| L (36) | 35-36" | 41-42" | 30" | 32" | 34" |
| L (38) | 37-38" | 43-44" | 30.5" | 32.5" | 34.5" |
| XL (40) | 39-40" | 44-45" | 30.5" | 32.5" | 34.5" |

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| Size | Waist (cm) | Hip (cm) | Inseam (Short) (cm) | Inseam (Reg) (cm) | Inseam (Long) (cm) |
|----------------|----------------|-----------------|------------------------|----------------------|-----------------------|
| S (30) | 73.66-76.20cm | 88.90-91.44cm | 74.93cm | 80.01cm | 85.09cm |
| M (32) | 78.74-81.28cm | 93.98-96.52cm | 76.20cm | 81.28cm | 86.36cm |
| M (34) | 83.82-86.36cm | 99.06-101.60cm | 76.20cm | 81.28cm | 86.36cm |
| L (36) | 88.90-91.44cm | 104.14-106.68cm | 76.20cm | 81.28cm | 86.36cm |
| L (38) | 93.98-96.52cm | 109.22-111.76cm | 77.47cm | 82.55cm | 87.63cm |
| XL (40) | 99.06-101.60cm | 111.76-114.30cm | 77.47cm | 82.55cm | 87.63cm |

HOW TO MEASURE

Waist: Measure your circumference at a point about two inches below the belly button.

Hips: Stand with your feet 6" apart. Measure the total circumference at the fullest point of your hip.

Inseam: Stand with your feet 6" apart. Measure from the top of the leg/crotch to below the ankle. Or take a pair of pants that fit well and take the same measurement.