

# Men's Bottoms

	US SIZES	WAIST (in)	HIP (in)
<b>XS</b>	26-27	26½-27½	32-33
<b>SM</b>	28-29	28½-30	34-35½
<b>MD</b>	30-32	31½-33½	37-38½
<b>LG</b>	34-36	35-37	40-42
<b>XL</b>	38-40	39-41	44-46
<b>XXL</b>	42-44	43-45½	48-50
<b>3XL</b>	46-48	47½-50	52-54
<b>4XL</b>	50-52	52-54½	56-58
<b>5XL</b>	54-56	56½-59	60-62

	US SIZES	WAIST (cm)	HIP (cm)
<b>XS</b>	26-27	67-70	81-84
<b>SM</b>	28-29	72-76	86-90
<b>MD</b>	30-32	80-85	94-98
<b>LG</b>	34-36	89-94	102-107
<b>XL</b>	38-40	99-104	112-117
<b>XXL</b>	42-44	109-116	122-127
<b>3XL</b>	46-48	121-127	132-137
<b>4XL</b>	50-52	132-138	142-147
<b>5XL</b>	54-56	144-150	152-157

## How To Measure

**WAIST:** Measure around your natural waistline—right where your hips start. Be careful not to squeeze too tight to allow a little give.

**HIPS:** With your feet together, measure around the fullest part of your hips to ensure you'll have enough room to move comfortably.

