



Waist:
Measure around your natural waist, the narrowest part of the torso, keep tape a little loose.

Hip:
Measure around the fullest part of your hips, standing with your heels close together.

Inseam:
Measure from the crotch to the bottom inside edge of your favorite pair of pants/ shorts.

Actual body measurements in inches

US Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
	S	S	M	M	L	L	XL	XL	2XL	2XL	3XL	3XL	4X	4XL	5XL	5XL	5XL
Waist	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Low Hip	35	37	39	41	43	45	47	49	51	52 1/2	54	55 1/2	57	58 1/2	60	61 1/2	63

Actual body measurements in centimeters

US Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
	S	S	M	M	L	L	XL	XL	2XL	2XL	3XL	3XL	4XL	4XL	5XL	5XL	5XL
Waist	71	76	81	86	91	96	101	106	111	116	121	126	131	136	141	146	151
Low Hip	89	94	99	104	109	114	119	124	129	134	137.5	141.5	145	149	152.5	156.5	160