	XS	s	s	M	М	L	XL	XL	XXL	XXL	3XL
European size	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52
US/CA size	0	2	4	6	8	10	12	14	16	18	20
B. Waist	251/2	27	28	29	30½	32	331/2	35	37	391/2	42
C. Seat*	34	351/2	36½	38	39	401/2	42	431/2	451/2	471/2	491/2
Length sizing	Short	Regular	Long								
D: Inside leg	29	31	33								

THIS IS HOW YOU FIND THE RIGHT SIZE!

Take your measurements according to the instructions below.

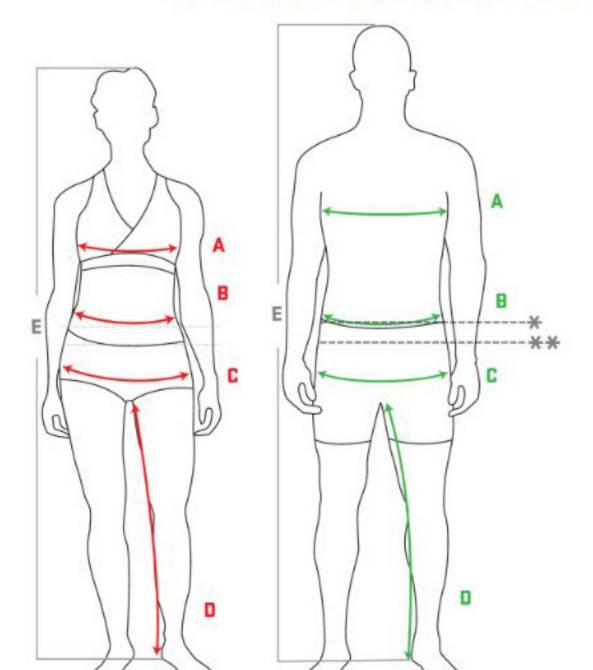
Wear close fitting underwear when measuring. Width is measured around circumference. Check the sizes available in each garment before ordering. Not every size is made in each model.

Pants Men

Measure your waist where you normally wear your pants and choose size according to your body measurement. Note that the garment will be slightly larger than your body measurement.

Pants Women

Choose your size according to your seat measurement.



HOW TO TAKE YOUR MEASUREMENTS

A: Chest

Measure horizontally around the widest part of the chest. Make sure you keep the tape measure straight across your back.

B: Waist

For tops: measure horizontally around your natural waistline at navel height. For bottoms: measure your waist where you normally wear your pants.

C: Seat

Measure horizontally around the widest point of the seat.

D: Inside leg

Measure from your crotch down to the floor. Take the measurement while not wearing shoes or boots.