

Underwear		
Size	To Fit Waist	
	Inches	cm
S	30 - 32	76 - 81
M	33 - 35	84 - 89
L	36 - 39	91 - 99
XL	40 - 42	102 - 107

Belts		
Size	Inches	cm
S	29 - 31	74 - 79
M	32 - 35	81 - 89
L	36 - 38	91 - 97
XL	39 - 41	99 - 104
XXL	42 - 44	107 - 112