## BELT

## HOW TO FIND YOUR MEASUREMENTS

To measure natural waist: Bend side to side and find the natural bend in your body. This is your natural waist. Measure circumference around this point.

| BELT SIZE | FITS WAIST |
| :--- | :--- |
| SM | $27-31$ in $(69-79 \mathrm{~cm})$ |
| MD | $31-35$ in $(79-89 \mathrm{~cm})$ |
| LG | $35-39$ in $(89-99 \mathrm{~cm})$ |
| $X L$ | $39-43$ in $(99-109 \mathrm{~cm})$ |
| $2 X$ | $43-47$ in $(109-119 \mathrm{~cm})$ |

