

WOMEN

Size	AU	Waist (cm)
SMALL	6-8	68
MEDIUM	10-12	73
LARGE	14-16	78
X LARGE	16-18	83

MEN

Size	AU	Waist (cm)
SMALL	S	75-85
MEDIUM	M	85-95
LARGE	L	95-105
X LARGE	XL	105-115