

Four Pick Stage Harness Sizing

Men's	XSmall	Small	Medium	Large	XLarge	XXLarge
Waist	24-27" 61-68 cm	28-31" 71-79 cm	32-34" 81-86 cm	36-38" 91-96 cm	40-42" 101-106 cm	44-46" 112-117 cm
Thigh	16-19" 40-48 cm	19-22" 48-56 cm	20-24" 51-61 cm	22-27" 56-68 cm	26-31" 66-79 cm	29-36" 74-91 cm
Women's	XSmall	Small	Medium	Large	XLarge	XXLarge
Waist	22-24" 56-61 cm	24-27" 61-68 cm	28-31" 71-79 cm	32-34" 81-86 cm	36-38" 91-96 cm	40-42" 101-106 cm
Hips	32-34" 81-86 cm	34-37" 86-94 cm	38-41" 96-104 cm	42-44" 106-112 cm	46-48" 117-122 cm	50-52" 127-132 cm
Thigh	20-23" 51-56 cm	21-24" 53-58 cm	22-26" 56-61 cm	24-29" 61-66 cm	28-33" 63-68 cm	32-39" 74-91 cm