

# BELT SIZING CHART



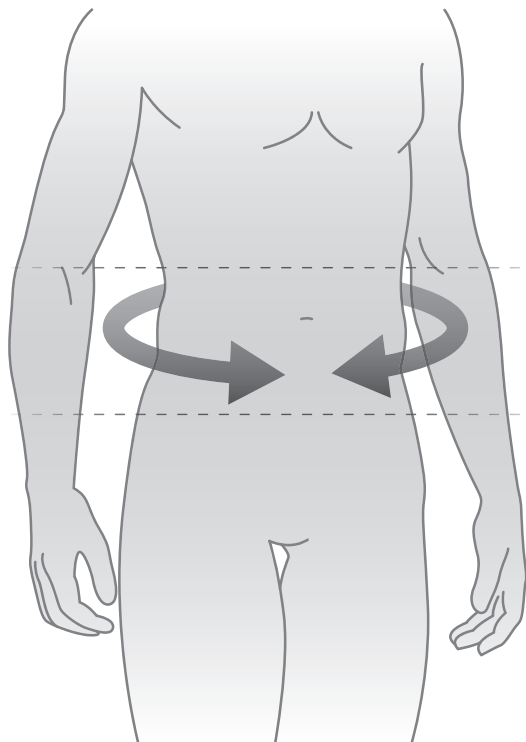
When purchasing a new strength training belt, **it is important to measure yourself correctly**, so you get the best support and continuous movement. The more secure the belt, the more support and stabilization it provides. **Follow the directions below** to properly measure your waist and find your true size using the provided chart.

## WHAT TO DO:

- Use a tape measure
- Circle the tape around your waist, between your hips and ribs, starting and stopping at your belly button
- Use the size chart above to determine which size belt you need based on your waist measurement

## WHAT NOT TO DO:

- Do not use your pant size to determine the size of your belt
- Do not base the size of your strength belt off of your regular pant belt



## HARBINGER BELTS

S	M	L	XL
24" - 29"	29" - 33"	33" - 37"	37" - 42"
61cm - 73.7cm	73.7cm - 84cm	84cm - 94cm	94cm - 106.7cm