

# Belt Size Selection Guide

# RDX

## Step-1

Before selecting a weight lifting belt, ensure you have a flexible measuring tape in hand. Please stand up straight to ensure the most accurate measurements.

## Step-2

**MEASURE** across the belly button to find the true waist size.

Relax and exhale before pulling the measuring tape around your waist.

Do not breathe in or suck in your belly before taking the measurements.



**Don't take the measurements from above or below the belly button.**

Please avoid using your pant size as your belt size since it may result in inaccurate sizing. Double-check your measurements to ensure accuracy.



## Step-3

Compare your waist measurement with the provided size chart and select the belt size (S, M, L, XL, 2XL) that corresponds to your waist circumference.

*\*All dimensions are in inches*

*\*There may be a variance of 0.5" in every size.*

<b>SMALL</b>	<b>20"-24"</b>
<b>MEDIUM</b>	<b>24"-29"</b>
<b>LARGE</b>	<b>29"-33"</b>
<b>X-LARGE</b>	<b>33"-38"</b>
<b>2X-LARGE</b>	<b>39"-44"</b>

## Important

If your waist measurement falls between two sizes **choose the upper** size for maximum comfort and utility.

If, for example, your waist is 29", which falls in both Medium (M) and Large (L) belt sizes, please choose the Large (L) belt size.



**This belt comes in both 4-inch and 6-inch variations each with a wide padded back for superior back support.**

