

## Bra Size Measurements

Your bra size can change due to age, diet or exercise, and statistics show that 85% of women are wearing the wrong size bra. To determine your bra size follow the instructions shown here:



### A. Band Measurement (underbust)

First measure around your body right under your breasts where the bra band sits. Pull the measuring tape snug but not tight (diagram A). Or measure from the middle of your chest to the center of your spine, under your remaining breast where the bra band sits. Double this figure. This is your 'underbust' or Band Measurement.



### B. Cup Measurement (overbust)

Now measure around your body over the fullest part of your breasts (diagram B). Or measure from the middle of your chest to the center of your spine, over the fullest part of your remaining breast. Double this figure. This is your overbust measurement or Cup Measurement.

Example

**Band measurement:**

The measurement is 31", or  $15\frac{1}{2}" \times 2 = 31"$  Band measurement is 31 inches.

**Cup measurement:**

The measurement is 37", or  $18\frac{1}{2}" \times 2 = 37"$  Cup measurement is 37 inches.

**Bra size:**

31 inches underbust and 37 inches overbust, gives a bra size of 36B.

Use the chart below to find your correct bra size based on your band and cup measurements. Remember this is only a guide. **Or call us at 800-525-2420 and give one of our fitters your band and cup measurements and we will help you determine your bra size.**

(inches) Over Bust

Under Bust	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
25 - 26	30AA	30A	30B	30C	30D	30DD	30DDD	30G	30H							
27 - 28			32AA	32A	32B	32C	32D	32DD	32DDD	32G	32H					
29 - 30					34AA	34A	34B	34C	34D	34DD	34DDD	34G	34H			
<b>31 - 32</b>							36AA	36A	<b>36B</b>	36C	36D	36DD	36DDD	36G	36H	
33 - 35									38AA	38A	38B	38C	38D	38DD	38DDD	38G
36 - 38											40AA	40A	40B	40C	40D	40DD
39 - 41													42AA	42A	42B	42C
42 - 44															44AA	44A
45 - 46																
47 - 49																
50 - 52																
53 - 55																

(inches) Over Bust

Under Bust	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59
25 - 26															
27 - 28															
29 - 30															
31 - 32															
33 - 35	38H														
36 - 38	40DDD	40G	40H												
39 - 41	42D	42DD	42DDD	42G	42H										
42 - 44	44B	44C	44D	44DD	44DDD	44G	44H								
45 - 46	46AA	46A	46B	46C	46D	46DD	46DDD	46G	46H						
<b>47 - 49</b>			48AA	48A	48B	<b>48C</b>	48D	48DD	48DDD	48G	48H				
50 - 52					50AA	50A	50B	50C	50D	50DD	50DDD	50G	50H		
53 - 55							52AA	52A	52B	52C	52D	52DD	52DDD	52G	52H