

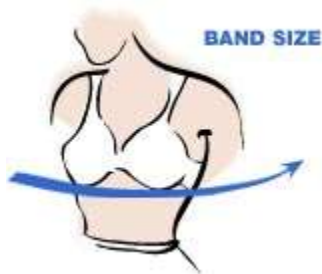
## Sizing for Bras.

*For best results, have someone else measure you. If in-between sizes, buy the larger size.*

**1. Measure Band Size.** Take a snug measurement around your rib cage, below your bust and shoulder blades. Then add 4 inches. If you get an odd number (like 35), round up one (to 36). **If you get an even number, this is your Band Size.** - If you get an odd number in Step 1 (like 35), round up one (to 36) to get your Band Size. *Example: 35" + 1" = 36"*

### Bra Measuring Instructions and Sizing

- Use a standard dressmaker's tape measure.
- For best results, have someone else measure you.
- If between sizes, buy the larger size.



**2. Measure Cup Size.** With bra on and clothes off, measure around the fullest part of your bust.



**2. Determine Even Band Size:** - If you get an even number in Step 1, this is your Band Size. - If you get an odd number in Step 1 (like 35), round up one (to 36) to get your Band Size. *Example: 35" + 1" = 36"*

**3. Compare bust measurement to band measurement.** Subtract the band measurement (Step 1) from the bust measurement (Step 2). Then use the charts below to determine your **cup size**.

**Bra Sizes for Most Bras:**

If difference is:	0"	1"	2"	3"	4"	5"	6"	7"	8"	9"
Then cup size is:	AA	A	B	C	D	DD	DDD & F	G	H	I

**Bra Sizes for Playtex Bras:**

If difference is equal to or larger than:	1/2 in.	1 in.	1 1/2 in.	2 in.	2 1/2 in.
Then cup size is:	NA (Nearly A)	A	NB (Nearly B)	B	NC (Nearly C)

*NOTE: All bra straps are stretch adjustable unless otherwise noted.*

Women's Sports Bra Sizing				
Champion Sizing	S	M	L	XL
Fits Bra Sizes	32 A,B,C 34 A,B	34 A,B,C 36 A,B	36 B,C 38 A,B	38 C 40 B,C

Women's Sports Bra Seamless Sizing			
Champion Sizing	S/M	M/L	L/XL
Fits Bra Sizes	32 A,B,C 34 A,B,C	34 B,C 36 A,B,C	38 B, C 40 B

Misses' Body Measurements				
Champion Sizing	S	M	L	XL
Apparel Size	4-6	8-10	12-14	16
Bust	32-34	34-36	37-39	40-42
Waist	25-27	27-29	30-32	33-35
Hip	35.5 - 37.5	37.5 - 39.5	40.5 - 42.5	43.5 - 45.5