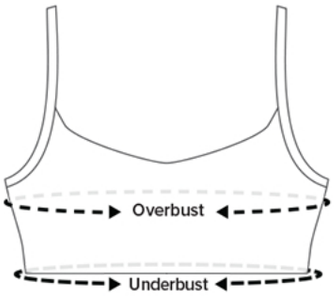
SPORTS BRA SIZE GUIDE

Use the chart below to convert your bra size to your New Balance alpha size (XS-XXL) or split alpha size (XS A-C thru XXL D-DD).

Don't know your bra size? Use your measurements instead.

1. Find your underbust measurement by wrapping a measuring tape underneath your bust where your bra band usually sits. Your underbust measurement will correspond with "Band Size."

Underbust Measurement	25"-26"	27"-28"	29"-30"	31"-32"	33"-34"	35"-36"	37"-38"	39"-40"
	↓	↓	↓	↓	↓	↓	↓	↓
Band Size	30	32	34	36	38	40	42	44



2. Find your overbust measurement by wrapping a measuring tape over your bust at the widest part.

3. Find your alpha size by matching your band size with your overbust measurement in the chart below.

Chart Key:

Overbust Measurement →	30.3" - 31.1"
Band/Cup Size →	30A
Alpha Size →	XS
Split Alpha Size →	XS (A-C)

Color Key:

XS S M L XL XXL

Band/Cup Size	30	32	34	36	38	40	42	44
A	30.3" - 31.1" 30A **XS** **XS (A-C)**	32.3" - 33.1" 32A **S** **S (A-C)**	34.3" - 35" 34A **S** **S (A-C)**	36.2" - 37.0" 36A **M** **M (A-C)**	38.2" - 39.0" 38A **L** **L (A-C)**	40.2" - 40.9" 40A **XL** **XL (A-C)**	42.1" - 42.9" 42A **XL** **XL (A-C)**	44.1" - 44.9" 44A **XXL** **XXL (A-C)**
B	31.1" - 31.9" 30B **XS** **XS (A-C)**	33.1" - 33.9" 32B **S** **S (A-C)**	35" - 35.8" 34B **S** **S (A-C)**	37.0" - 37.8" 36B **M** **M (A-C)**	39.0" - 39.8" 38B **L** **L (A-C)**	40.9" - 41.7" 40B **XL** **XL (A-C)**	42.9" - 43.7" 42B **XL** **XL (A-C)**	44.9" - 45.7" 44B **XXL** **XXL (A-C)**
C	31.9" - 32.7" 30C **XS** **XS (A-C)**	33.9" - 34.6" 32C **S** **S (A-C)**	35.8" - 36.6" 34C **M** **M (A-C)**	37.8" - 38.6" 36C **L** **L (A-C)**	39.8" - 40.6" 38C **L** **L (A-C)**	41.7" - 42.5" 40C **XL** **XL (A-C)**	43.7" - 44.5" 42C **XL** **XL (A-C)**	45.7" - 46.5" 44C **XXL** **XXL (A-C)**
D	32.7" - 33.5" 30D **S** **S (D-DD)**	34.6" - 35.4" 32D **S** **S (D-DD)**	36.6" - 37.4" 34D **M** **M (D-DD)**	38.6" - 39.4" 36D **L** **L (D-DD)**	40.6" - 41.3" 38D **XL** **XL (D-DD)**	42.5" - 43.3" 40D **XL** **XL (D-DD)**	44.5" - 45.3" 42D **XXL** **XXL (D-DD)**	
DD	33.5" - 34.3" 30DD **S** **S (D-DD)**	35.4" - 36.2" 32DD **M** **M (D-DD)**	37.4" - 38.2" 34DD **M** **M (D-DD)**	39.4" - 40.2" 36DD **L** **L (D-DD)**	41.3" - 42.1" 38DD **XL** **XL (D-DD)**	43.3" - 44.1" 40DD **XL** **XL (D-DD)**	45.3" - 46.1" 42DD **XXL** **XXL (D-DD)**	