

**MEN WEIGHT vs CHEST MEASUREMENT**  
(in inches and pounds)

-	29-34	36-37	38-39	40-41	42-43	44-46
95-120	XS	XS	S	-	-	-
125-135	XS	S	S	-	-	-
140-150	-	S	M	M	-	-
155-165	-	M	M	M-L	L	-
175-185	-	-	L	L	L	XL
185-195	-	-	L	L	L-XL	XL
195-205	-	-	L	XL	XL	XXL
205-215	-	-	-	XL	XL	XXL

**WOMEN WEIGHT AND BRA SIZE**

weight in pounds, bra with cup size. If your chest is proportionally large for your weight, you may need to size up.

-	32A-34A	34B	36A	36B	36C	38B	38C
90-110	XS	XS	S	S	-	-	-
110-120	XS	S	S	S	-	-	-
120-130	S	S	S	S	M	-	-
130-140	S	S	S	S-M	M	-	-
140-150	-	S-M	S-M	M	M	-	-
150-160	-	M	M	M-L	M-L	L	-
160-170	-	-	-	M-L	L	L	-
170-180	-	-	-	L	L-XL	XL	XL
180-190	-	-	-	-	XL	XL	XL