

\_\_\_\_\_

| Smaller band | Your size | Larger band |
|--------------|-----------|-------------|
| 30D          | 32C       | 34B         |
| 30DD         | 32D       | 34C         |
| 32D          | 34C       | 36B         |
| 32DD         | 34D       | 36C         |
| 34D          | 36C       | 38B         |
| 34DD         | 36D       | 38C         |
| 36D          | 38C       | 40B         |
| 36DD         | 38D       | 40C         |