

Casall Sports Bras Size Guide

SIZE CONVERSION CHARTS FOR WOMEN'S BRAS

UNDER BUST (cm)	68-72	73-77	78-82	83-87
UNDERBUST (in)	27-29	29-31	31-33	33-35
EUR	70	75	80	85
FR	85	90	95	100
UK / US	32	34	36	38

Since breasts are made up of fat and no muscle, their natural support is in the form of the Cooper's ligaments which extend from the nipples to the pectoral muscles. These ligaments are stretched as the breasts bounce and will lose elasticity for good if they are not supported by a proper sports bra, specifically constructed to keep them in place.

Good sports bras work by compressing the bust close to the rib cage. The fabric should be comfortable and absorbent, smooth against your skin without any rough seams or, strong and wide straps to support the breasts and prevent the bounce and the under-band should be firm around your body, to prevent it from riding up your back.

When testing sports bras, it's vital to do the 'bounce' test. The bra is supposed to reduce the bounce - if you're still bouncing, you need to try another size or make which will suit you better.