

## TAKING YOUR BRA SIZE MEASUREMENTS

Please follow the below steps on how to measure:



1. Around your rib cage, directly underneath your breasts. The tape measure should be horizontal around your body and should not drop in the back. This is your band size.
2. Measure around the fullest part of your bust (about where your nipple is). Make sure the tape measure is taut and straight. This determines your cup size.

Now work out the difference in your two measurements by using our Bra Size Calculator below and work out your Shock Absorber size!

If you have any further questions, please contact us via our Live Chat and we will recommend which size is right for you.

| Underband<br>cm | SHOCK ABSORBER<br>BAND SIZE |
|-----------------|-----------------------------|
| 71-75           | 80                          |
| 76-80           | 85                          |
| 81-85           | 90                          |
| 86-90           | 95                          |
| 91.5-95         | 100                         |
| 96.5-100        | 105                         |
| 101.5-105.5     | 110                         |

| Underband<br>Inches | SHOCK ABSORBER<br>BAND SIZE |
|---------------------|-----------------------------|
| 28-29.5             | 30                          |
| 30-31.5             | 32                          |
| 32-33.5             | 34                          |
| 34-35.5             | 36                          |
| 36-37.5             | 38                          |
| 38-39.5             | 40                          |
| 40-41.5             | 42                          |

| Difference<br>cm | SHOCK ABSORBER<br>CUP SIZE |
|------------------|----------------------------|
| 2.5              | A                          |
| 5                | B                          |
| 7.5              | C                          |
| 10               | D                          |
| 12,5             | DD                         |
| 15               | E                          |
| 17,5             | F                          |
| 20               | FF                         |
| 22,5             | G                          |
| 25               | GG                         |
| 27,5             | H                          |
| 30               | HH                         |

| Difference<br>Inches | SHOCK ABSORBER<br>CUP SIZE |
|----------------------|----------------------------|
| 1                    | A                          |
| 2                    | B                          |
| 3                    | C                          |
| 4                    | D                          |
| 5                    | DD                         |
| 6                    | E                          |
| 7                    | F                          |
| 8                    | FF                         |
| 9                    | G                          |
| 10                   | GG                         |
| 11                   | H                          |
| 12                   | HH                         |

## THE UNDERBAND

The band around the chest should be level front and back. It needs to be comfortable but firm. A good gauge to ensure that the underband fits well is being able to fit two fingers between the underband and your skin. Any more space and the band is too big and could cause friction.



**Perfect fit.** The underband is firm and level the whole way round.



There should only be a one to two inch give. Ensure the band is neither too loose nor too tight.



If the underband rides up at the back then the band is too big.

## THE CUPS

The cup should contain the whole of the breast, with no creases and no cleavage on show.



**Perfect fit.** Each breast is fully contained



If the breasts are squashed or cleavage is on show, the cup size is probably too small.



If the fabric is gaping or wrinkling then this suggests the cup size is too big.

## THE SHOULDER STRAPS

Sports bras come in different styles, usually a traditional U Back or Racer Back. The straps should be adjusted to fit securely on the shoulders with only one to two inch give.



**Perfect fit.** If you slide two fingers between the strap and the skin, there should have only be a one to two inch give.



If the straps are digging into the shoulders, loosen them until the perfect fit is achieved.



If the straps fall off your shoulders, tighten them so that they fit securely on the shoulders.