

Help your body *and* your budget! Hanes Sport Stretchy Cotton Bra (\$12; hanes.com) is great for yoga.

# “Bra-Lelujah!”

DON'T LET SAGGING OR JIGGLE RUIN YOUR NEXT WORKOUT. TRY ONE OF THESE TOP-RATED NEW STYLES TO KEEP THE GIRLS WHERE THEY BELONG. BY KIMBERLY A. DALY

➡ One's crazy tight, another gaps in the middle, and then there are the straps that dig into your shoulders: Shopping for a sports bra can be a frustrating experience—whether you're an A cup or a DD—so we asked SHAPE readers of all sizes to test 18 styles and report back. **They rated the bras on everything from looks to support (weeding out the constricting, stiff, and overly padded)** to bring you eight winning picks. Find your size and get ready to meet your new *breast* friend.

PATRIK GIARDINO, HAIR AND MAKEUP: GABRIELE GRAY, HANES BRA TOP, LULULEMON SHORTS

## Best for AA–A Cups

⇨ A-cuppers don't have to worry about support, right? Wrong! Over time, gravity and high-impact activities can lead to sagging—even in small chests—so a sports bra is still a must. To add some curves and help hide the headlight effect, try a lined or lightly padded style. Two top picks:



**THE NORTH FACE  
BOUNCE B-GONE BRA**  
\$28; [thenorthface.com](http://thenorthface.com)

● This model offers “reliable support,” a sweat-wicking lining, and flat-seam stitching to prevent chafing. One runner said, “It was so comfy, I didn’t think about it once during a half marathon!”



**ASICS CROSS BACK BRA**  
\$40; [asics.com](http://asics.com)

● Adjustable crisscross straps give you a customized fit and make this bra “comfier than basic workout wear.” A layer of tightly woven fabric coupled with mesh in the cups “stops the bounce.” Plus, you’ll stay cooler—the keyhole opening in the back allows heat to escape.

## Best for B Cups

⇨ You’ll benefit from snug-fitting material, and separate cups will give you a bit more lift. Look for a tight-weave fabric that gently compresses your breasts to prevent movement. (But avoid anything that feels too constricting or you’ll end up with the dreaded uni-boob look!) Bras our testers loved:



**MOVING COMFORT  
VIXEN A/B**  
\$36; [movingcomfort.com](http://movingcomfort.com)

● Recycled coffee grounds in this “supercute” bra’s fabric help prevent odors and wick sweat. The molded cups “lift and shape” and give you “plenty of support, even at top treadmill speed.”



**ATHLETA SPRINT  
SEAMLESS BRA TOP**  
\$48; [athleta.com](http://athleta.com)

● This bra is “stylish enough to wear alone,” thanks in part to the removable cups that provide “a flattering boost.” Yogis love that it “moves with you.” Plus, the fabric dries quickly, so you can run errands post-gym without that cold, wet feeling.

## Best for C Cups

⇨ Getting your breasts to stay put becomes tougher at this size, but the last thing you need is to be bouncing or spilling out during a fast-paced dance class! Key features that help are two separate, structured cups; ample coverage; and a wider chest band. These bras came out on top:



**CHAMPION 360  
MAX SUPPORT BRA**  
\$40; [championusa.com](http://championusa.com)

● Molded cups and non-stretch straps “keep boobs right where they’re supposed to be.” Mesh sides allow heat to escape, and a rear hook closure “makes it easier to get on and off.”



**UNDER ARMOUR  
ENDURE BRA**  
\$45; [underarmour.com](http://underarmour.com)

● Testers love the “flattering” shape of this bra’s neckline and the stay-cool design of its mesh back. Tightly woven fabric provides “the perfect amount of compression” for high-intensity workouts. “I didn’t jiggle at all,” says one jump rope queen.

## Best for D+ Cups

⇨ Sports bras for ample bosoms usually aren’t sexy, but what they lack in looks, they make up for in support. Details like molded cups for each breast, wide shoulder straps that don’t dig in, and extra-thick material to nix bounce all add up to a comfy fit. Two top performers to try:

COMES IN  
SIZES UP TO  
**42DD!**



**CW-X ULTRA  
SUPPORT BRA**  
\$70; [cw-x.com](http://cw-x.com)

● The straps and band adjust for customized support. “My breasts didn’t budge—even during a step class,” says one tester. And you can “sweat like a pig, but feel cool,” thanks to mesh panels.



**LULULEMON  
ATHLETICA THE BUST  
STOPS HERE BRA**  
\$58; [lululemon.com](http://lululemon.com)

● Available in sizes up to 38DD, this bra is “supportive enough for running, yet comfy enough for yoga.” Inside each cup, a sling-like network of fabric gently compresses breasts, ensuring a “snug and squish-free” fit.