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Nike sports bra size guide

To find your ideal sports bra fit within Nike's Alpha/Cup size range, follow these steps. First, determine your usual clothing size (XS–4X) and your typical cup size (A–G). For instance, if you usually wear a medium-sized top and are a C cup, the corresponding "M (C–E)" size should be suitable for you. Available cup sizes include A, B, C, D, E (DD), F (DDD), and G (DDDD). Use the provided charts to convert your regular bra size into Nike Sports Bra sizes by scrolling horizontally for more options. According to Tara Sweeney, a Nike sports bra technical designer, a good fit in a sports bra is not just about measurements, but also about finding a balance between comfort and support based on breast size, firmness, body type, and intended activities. For those interested in learning more about finding the right fit, Sweeney shares tips on calculating your bra size. Many athletes swear by wearing sports bras as an essential part of their workout outfits because they are one of the most technical clothing items available for athletes. Measuring for Nike Bras: Finding Your Perfect Size To ensure a comfortable fit, measure yourself carefully. Hold your arms straight out to the sides and raise them slightly. The bra should sit level on your ribs with enough room for two fingers underneath. Make sure the straps feel secure and don't dig into your skin. Measure your lower chest directly against your body, keeping the tape level with the ground surface. Take note of this measurement as it's used to find your size in the bra size chart. Repeat the measurement if needed to ensure accuracy. The Nike bra size chart provides measurements for both European and US sizes. To convert between these systems, refer to the international size conversion table. When shopping for a bra within Nike's Alpha/Cup size range, start by finding your usual size (XS–4X) and then match it with your usual cup size (A–G). For example, if you typically wear a Medium and are a C cup, try on the "M (C–E)" size. This chart shows the available cup sizes: A, B, C, D, E, F, G.

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