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[Help](#)

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[Order Status](#)

[Shipping & Delivery](#)

[Returns](#)

[Order Cancellation](#)

[Size Charts](#)

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[Promotions & Discounts](#)

[Product Advice](#)

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[New](#)

[Limited Time](#)

[Extra 25% Off Select Styles](#)

[New](#)

[New Arrivals](#)

[Best Sellers](#)

[Shop Gifts](#)

[Latest Drops](#)

[SNKRS Launch Calendar](#)

[Trending](#)

[ACG Essentials](#)

[Retro Running](#)

[New Fall Color: Flax](#)

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Air Force  
Air Max  
Blazer  
Vomero  
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Bra Finder  
Product Care  
Member Rewards  
Buying Guides  
Men  
Limited Time  
Extra 25% Off Select Styles  
New  
New Arrivals  
Best Sellers  
Shop Gifts  
Latest Drops  
Collections  
Fitness Favs  
Marathon Ready Styles  
College Football Fan Gear  
Shoes  
All Shoes  
Lifestyle  
Jordan  
Dunk  
Retro Running  
Air Max  
Air Force 1  
Training & Gym

Basketball  
Running  
Nike SB  
Sandals & Slides  
Nike by You  
Shoes \$100 & Under  
Clothing  
All Clothing  
Hoodies & Sweatshirts  
Shorts  
Pants  
Outerwear  
Tops & T-Shirts  
Matching Sets  
Big & Tall  
Underwear & More  
Jordan  
Accessories  
Bags & Backpacks  
Hats & Headwear  
Socks  
Shop by Sport  
Basketball  
Running  
Golf  
Soccer  
Training & Gym  
Tennis  
Baseball  
Football  
Trail Running  
Swimming  
Pickleball  
Fan Gear  
Women

Limited Time

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New

New Arrivals

Best Sellers

Shop Gifts

Latest Drops

Collections

Zenvy

New Fall Color: Flax

Fleece Shop

Shoes

All Shoes

Lifestyle

Jordan

Dunk

Retro Running

Air Max

Air Force 1

Training & Gym

Basketball

Running

Nike SB

Sandals & Slides

Nike by You

Shoes \$100 & Under

Clothing

All Clothing

Hoodies & Sweatshirts

Shorts

Pants

Leggings

Outerwear

Tops & T-Shirts

Skirts & Dresses

Bras

Matching Sets

Plus Size

Jordan

Accessories

Bags & Backpacks

Hats & Headwear

Socks

Shop by Sport

Basketball

Running

Golf

Soccer

Fitness

Volleyball

Tennis

Yoga

Trail Running

Softball

Swimming

Pickleball

Fan Gear

Kids

Limited Time

Extra 25% Off Select Styles

New

New Arrivals

Best Sellers

Shop Gifts

Latest Drops

Collections

Teen Essentials

Spooky Styles

Fall Fleece

Shoes by Age

Big Kids (1Y - 7Y)

Little Kids (8C - 3Y)

Baby & Toddler (1C - 10C)

All Shoes

Lifestyle

Jordan

Dunk

Retro Running

Air Max

Air Force 1

Basketball

Running

Nike SB

Sandals & Slides

Clothing By Age

Big Kids (XS - XL)

Little Kids (4 - 7)

Baby & Toddler (0M - 4T)

Extended Sizing

All Clothing

Hoodies & Sweatshirts

Shorts

Pants & Tights

Outerwear

Tops & T-Shirts

Skirts & Dresses

Bras

Matching Sets

Jordan

Accessories

Bags & Backpacks

Hats & Headwear

Socks

Shop by Sport

Basketball

Running

Golf

Soccer

Baseball

Football

Softball

Tennis

Dance

Gymnastics

Swimming

Fan Gear

Jordan

New

New Arrivals

Best Sellers

Shop Gifts

All Sale

Collections

Jordan Heat Check

Trending Colors

Golf Essentials

Jordan Sleeper Picks

Men

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Shoes

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Clothing

Basketball

Women

Shop All

Shoes

AJ1

Clothing

Basketball

Kids

Shop All

Shoes

AJ1

Clothing

Basketball

Big Kids

Little Kids

Baby & Toddler

Accessories

Shop All

Bags & Backpacks

Hats & Headwear

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Extra 25% Off Select Styles

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Clothing

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How to Find the Right Nike Sports Bra Size for You

Buying Guide

A Nike sports bra technical designer weighs in on how to measure your sports bra size and select a style for the best fit and feel.

Last updated: November 15, 2023

7 min read

For many athletes, sports bras are a crucial part of every workout outfit. This is because a sports bra is one of the most technical clothing items athletes can own, explained Tara Sweeney, a Nike sports bra technical designer.

But the ideal fit comes down to more than just measurements. "Finding the right sports bra comes down to striking a balance between comfort and support for your breast size and firmness, body type and intended activities," said Sweeney.

For more on finding the right fit, Sweeney shared how to calculate your bra size, as well as how to choose a Nike sports bra for different activities.

(Related:

The Best Nike High-Support Sports Bras To Try

)

How to Measure Your Nike Sports Bra Size

According to Sweeney, in order to correctly measure yourself for a Nike sports bra, try to wear an unlined, lingerie-style bra that allows for some separation between the breasts.

Start by measuring your underbust (around the bra's bottom band, just under the breast). Then, measure your cup.

"For Nike sports bras, you will need to take a cup measurement," she said. "This means you start from the center of your chest between the breasts and measure over the fullest point of the breast while keeping the tape measure parallel to the floor and ending where the breast tissue ends at the side."

Use this measurement tool to get started.

Find Your Bra Size

Find your bra size with this two-step quiz. Before you start, wear an unlined bra that supports your natural shape — no bralette or padded bra.

(1/2)

First, Measure Your Underbust

Measure around the bra's bottom band, just under the breast. The tape measure should feel snug. Round up to the closest measurement. If you don't have a measuring tape, use a string and a ruler. Follow the above instructions. Lay the string on a flat surface and measure with the ruler.

in

cm

in

Select Measurement

Select Measurement

25 - 26 in

26 1/2 - 28 in

28 1/2 - 30 in

30 1/2 - 32 1/2 in

33 - 35 1/2 in

36 - 38 1/2 in

39 - 41 1/2 in

42 - 44 1/2 in

45 - 47 1/2 in

48 - 50 1/2 in

51 - 53 1/2 in

Select Measurement

Next

Second, Measure Your Cup

With the tape measure parallel to the floor, lay the tape across the fullest point of your breast. Measure from the center of your chest to where your breast tissue ends on one side (where an underwire should sit). Round up to the closest measurement.

Select Measurement

Select Measurement

Select Measurement

Next

Your Nike Bra Size

Alpha/Cup Size

Based on your answers, this is the bra size we think will fit you best.

Shop My Size

Measure Again

3 Ways to Tell If Your Sports Bra Fits

To ensure your bra fit is perfect, in the fitting room (or your own home), try this quick, three-step test.

1. Check the Straps

"The straps are critical in creating a balanced fit," explained Sweeney. "They help provide tension on the neckline and underarm area to help distribute the breast weight and alleviate pressure on the bottom band."

Here are a couple signs that Sweeney said might indicate you're not wearing the right size:

The bra might be too big

if you constantly feel the need to adjust the straps, or if the straps are sitting far out on your shoulders.

The bra might be too small

if the straps are putting pressure on the neck and there is excessive (and visible) cutting or digging in the shoulders.

Adjustable straps are a useful way to customize the fit of a sports bra, but Sweeney advised that tightening them should not be used as a fix for a sports bra that doesn't fit properly in other areas, such as "the cup being too big or the band being too loose."

## 2. Assess the Band's Tightness

When it comes to functionality, the bottom band of a sports bra is the garment's MVP, noted Sweeney. "It's the foundation of any bra, so it should fit snugly against the rib cage directly below the bottom of the breast tissue," she said. "[The band] should feel firm but not cause discomfort. Don't forget you have to breathe in this!"

To indicate proper fit, see if you can comfortably place two fingers under the band while wearing it. Here are some additional tips:

The bra is likely too big

if the band moves up and the cup area feels unsupported and loose when you raise your arms.

The bra is likely too small

if the band feels so tight that it's difficult to take deep breaths and freely move.

## 3. Mimic The Activity You Plan to Do In The Bra

A bra should help make you feel more confident in your activity or sport. The best way to test for that, said Sweeney, is to duplicate whatever movements you'll do while wearing it, whether that's moving through your favorite yoga flow or settling into a deep squat. "Ask yourself what will make you most comfortable in your activity," she added.

"Sports bras aren't one-style-suits-all," she explained. For example, consider two people with the exact same band and cup size practicing yoga. One may prefer a light-hugging sports bra that allows for natural movement in both breasts, while the other might want a snug, high-neckline sports bra to prevent slippage during inverted poses.

One option isn't necessarily better than the other. The way your sports bra fits and moves with you should be as individualized as you are.

### Finding the Best Bra Size: Additional Fit Factors to Consider

Although strap and band fit tend to provide the most clear signs that a bra correctly fits, a few other indicators can signal the wrong size, said Sweeney:

A bra that is too small will often:

Have a neckline and/or underarm area that causes the breast to spill or cut out of the sides of the bra

Feature a neckline and/or underarm area that sits too low on the body

Contain a cup area that is too short, which can cause the bottom band to ride up and sit on the bottom of the breast rather than just below the breast tissue

A bra that is too big will often:

Show excess fabric bunching or gathering throughout the cup area

Have a neckline and/or underarm area that sits too high, potentially rubbing the neck or underarm and causing chafing

Not provide any compression or support, or allow for too much breast movement

## Find the Right Nike Sports Bra For You

Here are the four key types of Nike sports bras, plus how they're designed to feel on the body:

### 1. Nike Alate: For a Second-Skin Feel

These bras are designed to feel like a second skin, with soft, non-constricting fabric and a frictionless design that allows the breasts to move in a natural motion. You can choose from varying levels of coverage, like the Alate Minimalist, which has super thin straps and a low-profile design, or the Alate Curve, which features a higher neckline and lower band.

[Shop Nike Alate Bras](#)

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### 2. Nike Swoosh: For Snug, Distraction-Free Support

If you're the type of athlete who wants a no-frills sports bra that will ensure a snug fit, little breast movement, and adequate support for a wide range of activities, the Nike Swoosh sports bra is for you. With a range of necklines and the ability to choose between padded and non-padded varieties, wearers can minimize distractions while taking part in their favorite activity.

[Shop Nike Swoosh Bras](#)

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### 3. Nike Indy: For Freedom of Movement & Expression

With a range of necklines (V-neck, U-neck and longline) and bold colors and designs, the Nike Indy sports bra is inherently playful and expressive. This bra is meant to accentuate and hug your body shape, with adjustable straps and removable cups.

Like the Alate bras, these tend to allow the breasts to move in a freer, less restrictive motion, but are still dynamic for all types of movement. Adjustable straps and removable cups allow for further customization.

[Shop Nike Indy Bras](#)

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### 4. Nike Alpha: For a Personalized, High-Support Fit

Similar to the Nike Swoosh sports bra, Nike Alpha sports bras are designed for extra support and bounce reduction. They feature extra-wide straps that are adjustable so you can make the bra truly your own. You'll also find styles with a front-facing zipper for easy removal.

Words by Julia Sullivan, A.C.E.-certified C.P.T.

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Shipping and Delivery

Returns

Order Cancellation

Payment Options

Gift Card Balance

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Purpose

Sustainability

Promotions & Discounts

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Find a Store

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