

Lululemon Bra Size Guide

women

men

bras

bra size guide

To perfect your bra fit, follow these steps and be sure to do a jump test after you put it on. Ready? Set? Let's (not) bounce.

how to measure


Wear a thin, unlined bra. If you can, get someone else to measure you. If you measure yourself, stand in front of a mirror and practice perfect posture to make sure the tape measure is parallel to the floor.

step 1: measure your ribcage (for band size)

Run a tape measure around your ribcage right under your bust.

step 2: measure your bust (for cup size)

Place the tape measure under your arms around the fullest part of your chest.



light/medium support size chart

inches

centimeters

size	XXS/2	XS/4	S/6	M/8	L/10	XL/12
bust	30"	32"	34"	36"	38"	40"

medium/high-support size chart

bust measurement and corresponding bra size

band measurement	27-29"	31-32" 32A	32-33" 32B	33-34" 32C	34-35" 32D	35-36" 32DD	36-37" 32E				
29-31"			33-34" 34A	34-35" 34B	35-36" 34C	36-37" 34D	37-38" 34DD	38-39" 34E			
31-33"				35-36" 36A	36-37" 36B	37-38" 36C	38-39" 36D	39-40" 36DD	40-41" 36E		
33-35"					37-38" 38A	38-39" 38B	39-40" 38C	40-41" 38D	41-42" 38DD	42-43" 38E	
35-37"						39-40" 40A	40-41" 40B	41-42" 40C	42-43" 40D	43-44" 40DD	44-45" 40E

Lululemon bra size guide is an essential resource for anyone exploring the brand’s diverse selection of high-performance athletic bras. Lululemon is renowned for its innovative fabrics, stylish designs, and commitment to inclusivity, but finding the right size can be a daunting task for many. This article serves as a comprehensive guide to understanding Lululemon bra sizing, helping you select the perfect fit for your body and lifestyle.

Understanding Bra Sizes

Before diving into the specifics of the Lululemon bra size guide, it's crucial to understand how bra sizes work. A bra size typically consists of a number and a letter (e.g., 34B), where:

- The number represents the band size, which is the measurement around your ribcage just under your bust.
- The letter represents the cup size, which indicates the volume of breast tissue.

To measure your bra size accurately, follow these steps:

1. **Measure your band size:** Using a soft measuring tape, wrap it around your ribcage, just under your bust. Ensure the tape is snug but not tight. Round to the nearest whole number.
2. **Measure your bust size:** Measure around the fullest part of your bust. Make sure the tape is parallel to the ground and not too tight. Again, round to the nearest whole number.
3. **Calculate your cup size:** Subtract your band size from your bust size. Each inch of difference corresponds to a cup size (1 inch = A, 2 inches = B, 3 inches = C, and so on).

Lululemon Bra Size Chart

Lululemon offers a wide range of bras designed for various activities, from yoga to high-impact workouts. Their sizing can vary between styles, so it's important to reference their specific size chart. Below is a generalized Lululemon bra size chart based on standard sizing:

Standard Size Chart

- **XS:** 30A, 30B, 32A
- **S:** 32B, 32C, 34A
- **M:** 34B, 34C, 36A
- **L:** 36B, 36C, 38A
- **XL:** 38B, 38C

This chart provides a basic guideline, but due to the unique designs and variations in fabric, it's advisable to try on different styles to see what fits best.

Types of Lululemon Bras

Lululemon offers several types of bras designed for different activities and preferences. Understanding these options can help you choose the right bra for your needs.

1. Light Support Bras

These bras are perfect for low-impact activities such as yoga or walking. They provide minimal support while allowing for a full range of motion. Examples include:

- Lululemon Align Bra
- Lululemon Energy Bra

2. Medium Support Bras

Ideal for activities like cycling or dance, these bras offer a balance of support and comfort. They typically feature wider straps and more structured cups. Examples include:

- Lululemon Free To Be Bra
- Lululemon All Me Bra

3. High Support Bras

Designed for high-impact activities such as running or HIIT workouts, these bras provide maximum support to minimize bounce. They often include adjustable straps and underwire for added stability. Examples include:

- Lululemon Enlite Bra
- Lululemon Run Times Bra

Finding Your Perfect Fit

When trying on Lululemon bras, consider the following tips to ensure the best fit:

1. Check the Band

The band should fit snugly but not uncomfortably. It should sit parallel to the ground and not ride up your back. If it's too loose, it won't provide the support you need.

2. Examine the Cups

Your breasts should fill the cups without spilling over. If you notice any gaps or puckering, the size may not be right for you.

3. Adjust the Straps

Make sure the straps are adjusted properly. They should provide support without digging into your shoulders. If they are too tight, it can cause discomfort, while too loose straps won't offer adequate support.

4. Move Around

When trying on a bra, simulate the activities you plan to do while wearing it. Jump, stretch, and bend to see how the bra holds up under movement.

Common Sizing Issues

Even with a size guide, many women encounter sizing issues when shopping for bras. Here are some common problems and solutions:

1. Band Too Tight

If the band feels too tight, try going up a band size while simultaneously going down a cup size. For example, if you wear a 34B, consider trying a 36A.

2. Cup Overflow

If your breasts spill over the cups, you may need to go up a cup size. For instance, if you're currently wearing a 34B, you might find better comfort in a 34C.

3. Gaping Cups

If there is gaping in the cups, it usually indicates that you need a smaller cup size. Trying a 34A instead of a 34B could solve this problem.

Conclusion: The Importance of Proper Fit

Finding the right bra size is a vital aspect of achieving comfort and support, especially for active individuals. The Lululemon bra size guide serves as an invaluable tool to navigate the various styles and fits available. By accurately measuring yourself, understanding the different types of bras, and knowing how to evaluate the fit, you can make informed choices that enhance your workout experience.

Remember, the perfect fit is not just about numbers; it's about how you feel in the bra. Take the time to try on different styles, and don't hesitate to seek help from knowledgeable staff at Lululemon stores. With the right bra, you can move confidently, whether you're in a yoga class, running, or simply enjoying your day.

Frequently Asked Questions

How do I determine my correct lululemon bra size?

To find your lululemon bra size, measure your band size by wrapping a measuring tape around your ribcage just under your bust. For cup size, measure around the fullest part of your bust. Subtract the band size from the bust measurement to find your cup size.

What sizing system does lululemon use for bras?

lululemon uses a numerical sizing system that typically ranges from 2 to 14, with cup sizes labeled as A, B, C, D, and so on. They also offer options for smaller and larger sizes in some collections.

Are lululemon bras true to size?

Many customers find lululemon bras to be true to size, but there's variability based on style and fit preference. It's recommended to try on different sizes and styles to see what feels best for your body.

What should I consider when choosing a lululemon bra size?

Consider your activity level, breast shape, and personal comfort when choosing a lululemon bra size. Different styles offer varying levels of support and coverage, so select one that meets your needs.

Can I return or exchange a lululemon bra if it doesn't fit?

Yes, lululemon has a flexible return policy that allows you to return or exchange items, including bras, within 30 days if they are unworn and in their original condition. Always check the specific return policy for updates.

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Find your perfect fit with our comprehensive Lululemon bra size guide. Discover how to choose the right size for ultimate comfort and support. Learn more!

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