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The Top Choices

A women's guide to the best jog bras.

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Media Platforms Design Team

The latest sports bras have more features than an iPhone, including adjustable straps, removable padding, and cushioned underwire. All this variety means a better chance to find a bra that keeps your chest—whether it's an A cup or a FF—supported and jiggle-free on the run. We asked 25 women to wear-test 31 of the newest tops. Based on their feedback, we selected these 12 favorites. To find the best bra for you, start with your cup size and note your style preferences (shimmel? tank? T-back?) on the following pages. Then get measured, try a few sizes, and jog around to make sure the fit is run-worthy.

BEST FOR A/B

BRAS

How do you feel about adjustable straps?

LOVE

MOVING COMFORT'S VERO A/B (\$36) boasts a clasp-in-back closure and straps that adjust in both length and profile—you can switch them from X-back to straight-over-the-shoulder—to get the fit just right. Testers with shorter torsos appreciated the bra's adaptability, while others liked the padded cups that added just the right lift. S-XL [movingcomfort.com](https://www.movingcomfort.com)

HATE

The deceptively supportive yet low-profile **IRIS SPORT TOP** (\$32) by Oiselle, a V-back with compression padding, gathers the girls and keeps them riding high for many miles. "This top proved that I don't need a big honkin' bra," said one A-cupper. That said, some testers weren't keen on the bra's short length from top to bottom. XS-L [oiselle.com](https://www.oiselle.com)

TANKS

Do you carry keys or other items in your top?

YES

The zippered pocket of the **NEW BALANCE SHIMMEL** (\$45), which stows an in-case-of-emergency label, nicely fits a gel, keys, and a music player without adding any jiggle to your run. The padded straps, mesh T-back, and flattering seams make this tank both functional and cute. One A-cup tester praised its quick-drying qualities. XS-2XL [newbalance.com](https://www.newbalance.com)

NO

The sleek **SAUCONY EVOLUTION LX TANK** (\$45) cuts a clean line with its modest neckline, high back, and hip-hitting length. Most small-chested testers felt amply supported by the shelf bra, and a few found the tank so comfortable that they suggested sleeping in it before a morning run. Fit note: The arm holes are cut high, so chafing might be an issue. XS-XL [saucony.com](https://www.saucony.com)

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You already have your answer.
BUZZED DRIVING IS DRUNK DRIVING

BEST FOR C/D

Do you prefer bold colors?

YES:

YES

Fasten up the **LULULEMON ATHLETICA TA TA TAMER** (\$58), which comes in flashy colors—turquoise, melon, deep purple, or, if you must, black—and features removable pads that help add shape. Adjust the straps in parallel or crossed design, which, as one C-cup tester said, "nicely keeps the boob form" throughout intense runs. 32-36B, 32C-38DD lululemon.com

NO

A stylish bra that works equally well for smaller and larger chests, the **NIKE SWIFT U-BACK** (\$50) comes in dark purple, royal blue, mango, and three more subdued options. More important, the adjustable straps, a wide bottom band, and separate, molded cups make this bra "the one I'll pick first if it's clean," said one 34C tester. XS-XL A/B, B/C, and C/D nikerunning.com

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NO:

Nothing flashy, but maybe extra support?

YES

You'll love the lift that **CHAMPION'S SEAMLESS UNDERWIRE** (\$42) gives your chest. Adjustable straps make the fit as personal as possible, and the soft fabric keeps chafing at bay. "My D's felt like A's when I run," said one tester. And the internal wire is triple-cushioned, so it doesn't leave a mark after a long run. 32/34-38/40 B-DD

championusa.com

NO

Eight settings on the **SHOCK ABSORBER RUN'S** (\$79) padded straps allow for an individualized fit, while encapsulated cups keep your breasts separated and supported. And the bra wicks moisture well. "I sweated for 20 minutes after a hot, midday run, and wasn't clammy at all," said one D-cup tester. 30-36A, 30-38B-F

shockabsorberusa.com

BEST FOR DD+

Do you need an underwire bra?

YES:

How about some style to go with that structure?

YES

THE FREYA ACTIVE UNDERWIRE SPORTS BRA'S (\$60) red with black piping proves that big bras don't have to be boring. The structure—insulated underwire; adjustable, padded straps; a three-hook closure—is sound. "Minimal shaking," noted a 32FF tester who liked the hold but not the extra pressure from the straps. 28-38 D-

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