



casall

YOUR GUIDE TO CHOOSING
THE RIGHT SPORTS BRA

GET THE
RIGHT
SUPPORT!

WE SUPPORT YOU



CASALL, YOUR BEST TRAINING BUDDY

Tempo, breathing, time, resistance - when training, your breasts are the last thing you need to be thinking about. That's why there are three issues we think about when designing our sports bras. We aim to give you the best support possible and to make sure you feel and look good when training. And with more than twenty years experience in the industry, we know better than anyone how to achieve that.

We only choose materials that we know will keep your bust firmly in place while, at the same time, wicking away excess moisture. Materials that feel comfortable next to the skin and give you an attractive silhouette.

In this guide, you can read more about why support is so important and why the best bras come from Casall.



8 FACTS YOU DIDN'T KNOW ABOUT YOUR BREASTS AND TRAINING – AND JUST AS MANY REASONS FOR INVESTING IN THE RIGHT SPORTS BRA.

1. Your breasts are held in place by a series of fine ligaments.
2. Without the right support, strain on the breast ligaments will cause them to stretch. Once stretched, there is no going back.
3. When you train without a sports bra your breasts are free to move sideways, in and out and up and down, by as much as 20 centimetres.
4. With an ordinary bra, breast movement is reduced by only around 35%, while a sports bra reduces movement by more than 70%.
5. Tops with inbuilt bras do not provide any direct support and are only suitable for low impact training such as yoga or pilates.
6. Sports bras lose their elasticity over time. Just like training shoes, they need to be changed regularly.
7. Your breast size changes throughout your life, as does the type of support you need.
8. Different activities – and physiques – require different types of support. Casall has a solution to meet most needs.

LOW, MEDIUM OR HIGH IMPACT TRAINING?

Casall produces five different sports bra designs. Each of them has its own unique features and we have divided them according to the activities for which they were designed. From **low impact-training** such as yoga to **medium impact-training** such as power walking and **high impact-training** such as running.

Our concern is that your sports bra should feel right for you and we always recommend careful testing. If you prefer a sports bra with a really close fit you can, of course, use a high or medium impact design even for gentler activities. And if you have a smaller bust size, you can choose a medium impact bra for more high-intensive training. We even have bras in larger cup sizes that offer extra support for those of you who may require it.

Read more about the various designs available from Casall in the following guide.

HOW TO CHOOSE THE RIGHT BRA FROM CASALL:

1. START WITH THE FORM OF TRAINING

For which form of training will you be using the bra? Pilates or skiing? Power walking or aerobics?

2. CHOOSE THE CORRECT CUP SIZE

Many of our bra models have extra support for larger cup sizes.

3. TRY IT OUT CAREFULLY

A good sports bra should have a slightly tighter fit than a regular bra, without cutting into your back or shoulders. Try it out carefully and check if the bra keeps your breasts in place properly.

CASALL SPORTS BRA COLLECTION



1619
ADJUSTABLE
SPORTS BRA



1620
MULTISPORT
SPORTS BRA



1623
MOLDED
CROSS BACK
SPORTS BRA



1625
SUPPORT
BOXBACK
SPORTS BRA



1627
HIGH
PERFORMANCE
SPORTS BRA

HIGH IMPACT TRAINING Running Aerobics Tennis Football Horseback- riding	A-CUP		1620			
	B-CUP	1619	1620			1627
	C-CUP	1619	1620			1627
	D-CUP	1619	1620			1627
	E-CUP	1619				1627
	F-CUP					1627
	G-CUP					1627
MEDIUM IMPACT TRAINING Power- walking Cycling Skiing Golf	A-CUP		1620	1623	1625	
	B-CUP	1619	1620	1623	1625	1627
	C-CUP	1619	1620	1623	1625	1627
	D-CUP	1619	1620	1623	1625	1627
	E-CUP	1619			1625	1627
	F-CUP				1625	1627
	G-CUP					1627
LOW IMPACT TRAINING Weight- training Yoga Pilates	A-CUP		1620	1623	1625	
	B-CUP	1619	1620	1623	1625	1627
	C-CUP	1619	1620	1623	1625	1627
	D-CUP	1619	1620	1623	1625	1627
	E-CUP	1619			1625	1627
	F-CUP				1625	1627
	G-CUP					1627

Measurement under the bust (cm)	68-72	73-77	78-82	83-87	88-92	93-97
Size EUR	70	75	80	85	90	95
Size XS - XXL	XS	S	M	L	XL	XXL

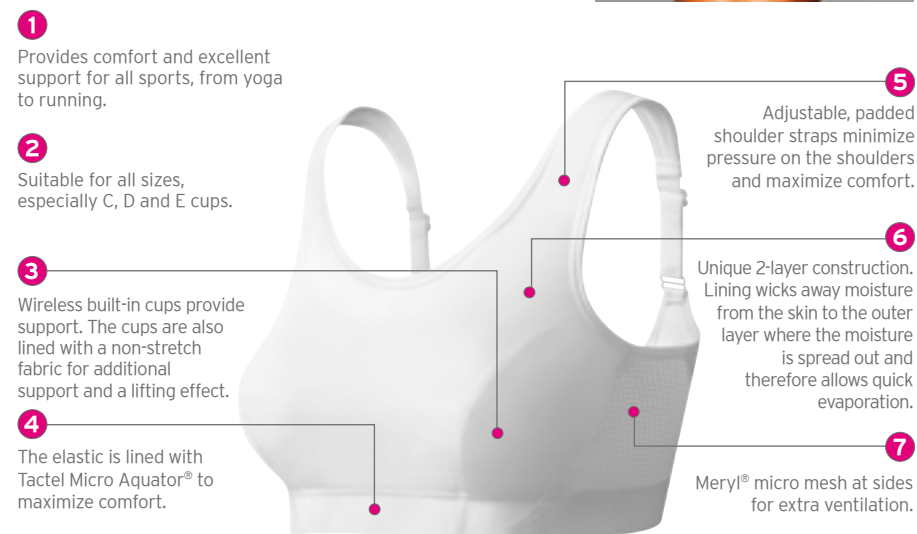


1619 ADJUSTABLE SPORTS BRA

Excellent support and comfort are crucial for all sports bras but particularly important for those of you with a larger bust. This style has inbuilt cups and has been designed specifically for those of you with a larger cup size. It provides a soft, comfortable fit without digging into the skin and is the best bra to wear for high impact training such as running while, of course, being equally suitable for low impact training such as yoga. A test winner.

Sizes: S-XL Cup sizes: B, C, D, E

HIGH IMPACT | CUP B-E



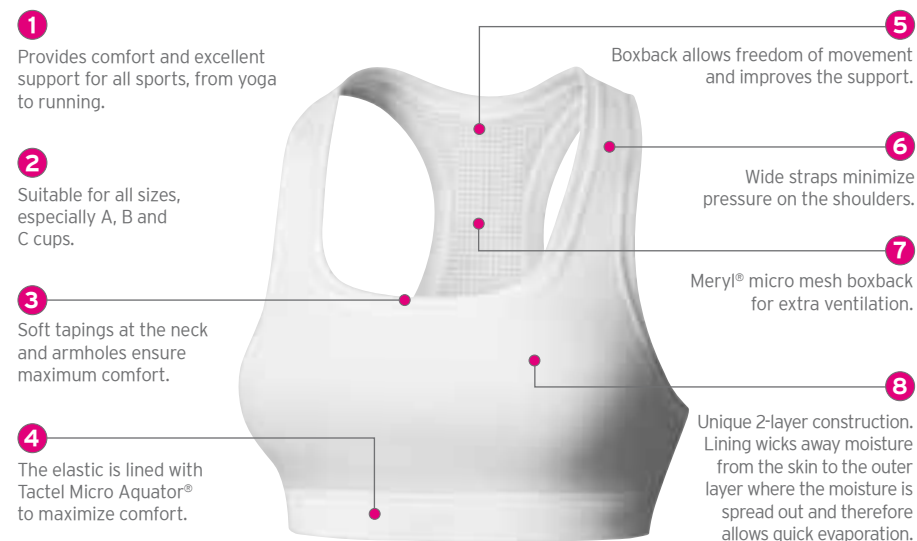



1620 MULTISPORT SPORTS BRA

Multisport Sports Bra is our best-selling bra and has received the highest accolades for everything from design to the excellent support it provides. The neat boxback ensures a comfortable fit while providing excellent freedom of movement. A truly all-round bra suitable for everything from low to high impact training.

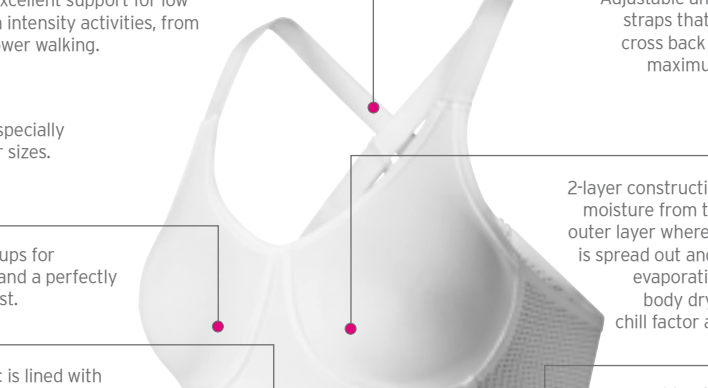
Sizes: XS-XL Cup sizes: A/B, C/D

HIGH IMPACT | CUP A/B-C/D



Cup A/B																	
Cup C/D																	
	LOW IMPACT Weight training. Yoga. Pilates.						MEDIUM IMPACT Cycling. Skiing. Golf. Power walking.						HIGH IMPACT Running. Aerobics. Football. Tennis. Horseback riding.				

Moulded Cross Back is a highly feminine design suitable for low and medium impact training, from weight training to skiing. Moulded cups provide flattering definition and, with a few simple adjustments, you can change the shoulder straps at the back from classic parallel to cross-over format for extra support.



1 Provides excellent support for low to medium intensity activities, from yoga to power walking.

2 Suitable especially for smaller sizes.

3 Moulded cups for definition and a perfectly shaped bust.

4 The elastic is lined with Tactel Micro Aquator® to maximize the comfort.

5 Adjustable and detachable straps that can be worn cross back or classic for maximum versatility.

6 2-layer construction transports moisture from the skin to the outer layer where the moisture is spread out and allows quick evaporation. Keeps the body dry and reduces chill factor after exercise.

7 Meryl® micro mesh sides and back for extra ventilation.

Two horizontal bar charts showing the distribution of responses for 'How often do you use the Internet?' and 'How often do you use a mobile phone?'. The first chart shows 100% usage, and the second shows 90% usage.

HIGH IMPACT
Running. Aerobics. Football.
Tennis. Horseback riding.



1625 SUPPORT BOXBACK SPORTS BRA

Support Boxback is for those of you who want to feel truly feminine, even when training. The heart-shaped decolletage creates a beautiful neckline and the moulded cups separate the breasts giving them attractive definition. This style is most suitable for low to medium impact training, such as pilates or golf, but can also be used for lighter high impact training by those of you with smaller bust sizes.

Sizes: 70–85 Cups: A/B, C/D, E/F

MEDIUM IMPACT | CUP A/B, C/D, E/F



1

Provides comfort and good support for all sports from yoga to power walking.

2

Suitable for all sizes, especially A–D-cup.

3

Box back allows freedom of movement and improves the support.

4

Moulded cups for definition and a perfectly shaped bust.

5

The elastic is lined with polyamide lining and keeps the bra in place comfortably and wicks away moisture.

6

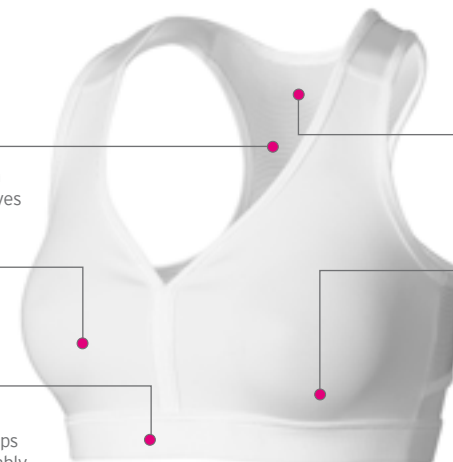
Adjustable back closure facilitates putting on and taking off the bra and improves the fit.

7

Power net box back for extra ventilation and stability.

8

Single layer double-faced fabric provide maximum support. The fabric helps to transport moisture from the skin to the surface of the fabric and evaporate. This keeps the body dry and comfortable and reduces chill factor after exercise.



Cup
A/B



Cup
C/F



LOW IMPACT

Weight training. Yoga. Pilates.

MEDIUM IMPACT

Cycling. Skiing. Golf.
Power walking.

HIGH IMPACT

Running. Aerobics. Football.
Tennis. Horseback riding.



1627 HIGH PERFORMANCE SPORTS BRA

Our latest design and test winner offers exceptional support and has quickly become a consumer favourite. An excellent bra for larger cup sizes while, of course, being equally suitable for those with a smaller bust. This bra has been specially designed for tough, high impact training such as running and football, but provides excellent support for the full range of activities.

Sizes: 70–95 Cups: B, C, D, E, F, G

HIGH IMPACT | CUP B–G

1

Super rigid lining guarantees full support and keeps your bust fixated during the most extreme exercises.

2

Suitable for all sizes.

3

Power net at back allows humidity to evaporate freely.

4

Textured PBT yarns in all inside seams ensure elasticity and softness towards your skin.

5

Polyester microfiber lining provides superior moisture management and keeps you dry and reduces chill factor after exercise.



6

Low profile back closure, closes easily and offers maximal comfort during training. Double closure for E, F and G cup.

7

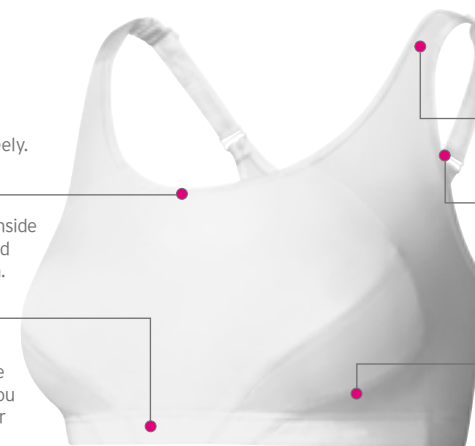
Padded shoulder straps for ultimate comfort.

8

Adjustable shoulder straps and back closure facilitate putting on and taking off the bra and provide a customized fit.

9

Shaped seams create the custom fit and perfect contour for your bust.



Cup
B–G



LOW IMPACT

Weight training. Yoga. Pilates.

MEDIUM IMPACT

Cycling. Skiing. Golf.
Power walking.

HIGH IMPACT

Running. Aerobics. Football.
Tennis. Horseback riding.



TRY US

We hope that this guide has given you some new insights and sufficient information to find the right support for you. There is only one way of being absolutely sure: Try them on. And ask the shop assistants for help if you feel uncertain.

FIND OUT HERE

You can read more about sports bras, sports fashion and training equipment from Casall, and find your nearest stockist at www.casall.com

Welcome to Casall!



WWW.CASALL.COM