

# WHY ATHLETES NEED BREAST SUPPORT

**1 IN 5** women say breast movement limits their training, a bigger barrier than cost or access

without proper support, stride length is decreased by 4cm, putting athletes **a mile behind** over the course of a marathon

**increased risk of injury including ACL**  
breast movement affects lower limb biomechanics, increasing the risk of injury

Breast mass and movement strain posture and alter form, making training harder and causing **reduced oxygen intake**

**decreased stamina**  
muscle activity increases to compensate for breast movement, leading to early muscle fatigue and decreased performance

**72% athletes** report distracting breast pain while exercising

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# PERFORMANCE-BOOSTING BREAST SUPPORT

## Antibacterial Silver Treatment

Eliminates odour and allows repeated wear without washing

## Wide & padded straps

Comfort under kit & shoulder protection

## Silicone grips

Keeps breasts in place in the cups

## Mesh panel

Improves airflow

## The Vault

Upper bust support

## Built-in padding

Provides coverage, support and protection

## Firm underband

Stabilizes breasts without limiting breathing



- Reduce breast movement and pain
- Improves performance through enhanced support & comfort
- Supports natural mechanics by improving posture

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