

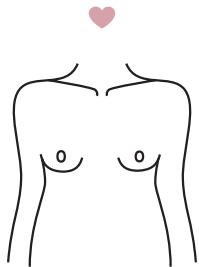
# FITACADEMY

by panache

BUST AND FIGURE TYPES



GUIDE ONLY



**SMALL BUST**

## **COMMON FEATURES**

Less defined cleavage

Space between bust

## **COMMON ISSUES**

Not filling cups at top edge

Less cleavage

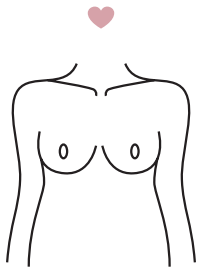
## **RECOMMENDED SHAPES**

Build up moulded cups

Padded

Gel filled bras





**AVERAGE BUST**

## **COMMON FEATURES**

Round bust  
Pert bust

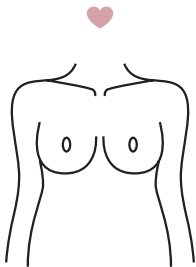
## **COMMON ISSUES**

Less defined cleavage

## **RECOMMENDED SHAPES**

Suit most shapes  
Plunge bras  
Up lifting  
Moulded Cups





**FULL BUST**

## **COMMON FEATURES**

Rounded full bust  
High on chest  
Full at bottom

## **COMMON ISSUES**

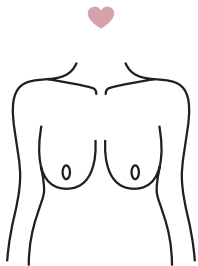
Double busting  
Bra not sitting back at centre front  
Space in bottom cups  
Wire digging in at underarm

## **RECOMMENDED SHAPES**

Full cup bra  
Balconnet bra  
Underwired  
Bras with cradle







**RELAXED BUST**

## **COMMON FEATURES**

More relaxed bust  
Can be shallow at the top  
Less definition

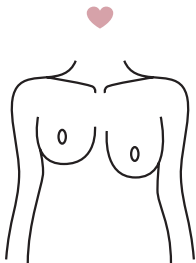
## **COMMON ISSUES**

Not filling cup at top edge  
Too much fabric at top cup

## **RECOMMENDED SHAPES**

Moulded T-Shirt bra  
Balconnet bra  
Full cup bra  
Plunge bra





**BUST SIZE  
VARIATION**

## **COMMON FEATURES**

Different sized breasts

Gap between breasts

## **COMMON ISSUES**

Not filling one side

Double busting one side

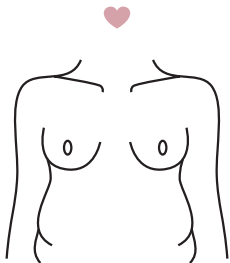
Fit to fuller breast

## **RECOMMENDED SHAPES**

Balconnet bra

Full cup bra





**FULLER FIGURE**

## **COMMON FEATURES**

- Larger frame
- Can be fleshy around the torso
- Sloping / narrow shoulders
- Short waisted

## **COMMON ISSUES**

- Narrow band can cause overspill
- Double busting
- Wires not sitting flush at centre front
- Straps slipping off the shoulder

## **RECOMMENDED SHAPES**

- Balconnet bra
- Full cup bra



**For more information  
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