

Plus Size Support Matrix

Style	Support Level	Best For	Key Features
Longline balconette	High	Formalwear, posture lift	Extended band, boning-free stays, multi-part cups
Minimizer	Medium-High	Tailored shirts, workplace	Compression panels, smooth seams
Front-close wireless	Medium	Limited mobility, everyday comfort	Posture panels, cushioned straps, wide back
High-impact sports	Max	Running, HIIT, dance cardio	Encapsulation + compression, racerback clips

Use this matrix alongside the rotation checklist to plan outfits and training blocks.