

# The *Tab* Bra Superior Design, Quality & Beauty

85% of Women are Wearing the Wrong Sized Bra...Are You?

## THE PERFECT FIT



**STEP 1:**

### **STEP 1: Placing the Tab Bra and Attaching the Hooks:**

With the straps loosened, put the bra on “backwards” like you would a belt, fastening the hooks of the middle row of eyes. Then spin the bra 180 degrees, and lift the bra upwards until the shelf slides to a natural stop against the breast tissue.

Note: Some women prefer to hitch the hooks behind their back then lift the bra to fit under their bust.



**STEP 2:**

### **STEP 2: Positioning the Bra:**

Put your arms through the straps.

Grip the bra under the arm with the thumb and index finger and lift until the shelf comes to a natural stop against your breast tissue. The other hand should hold the side tissue underneath while lifting.

Repeat this process for the other side.



**STEP 3:**

### **STEP 3: Adjusting the Shoulder Straps:**

Adjust the shoulder straps by sliding the straps until they come to a natural stop and are gently lifting the bust and the shelf.

Grip the bra under the arm with the thumb and index finger and lift until the shelf comes to a natural stop against your breast tissue. The other hand should hold the side tissue underneath while lifting.



**STEP 4a:**

### **STEP 4: Positioning the Tissue:**

Unhook each cup cover from its support strap (See Step 4a).

Using the palm of your hand, raise the tissue up from the ribcage, and move the tissue forward from under your arm, placing it above and in front of the shelf (See Step 4b).



**STEP 4b:**

The shelf support will direct and hold the tissue sufficiently if it has been properly sized. Do not let the tissue “spill over the shelf”, or bulge out the sides.

Pull the cup cover back up and over the breast, and hook it onto the fastener.



**STEP 5:**

### **STEP 5: Final Adjustments:**

Pull the bottom of the bra down around the torso, to ensure it is low in the back, and under the shoulder blades.

Snuggle the front of the bra upwards to where it comes to a natural stop.