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8 Best Compression Leggings of 2024

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Compression leggings are an easy wardrobe upgrade for better workout results. Heather Swain, DPT, CPT – doctor of physical therapy and certified personal trainer at Ally Total Physical Therapy – says that compression leggings can improve blood flow and circulation to your muscles, boost exercise tolerance during activity, and help with muscle recovery after a workout by speeding up the removal of waste products.

While health reasons may be the main reasons prompting your search, you also want the pair you choose to look and feel good. To help you find the best compression leggings, we used expert advice to narrow down the options based on fit, available sizes, care, and compression level. Our top pick, the Girlfriend Collective Compressive Pocket Legging, comes in two lengths and a wide range of sizes, making them a suitable match for many. That said, we also dive into options for different needs and budgets.

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Best Overall

Girlfriend Collective Compressive Pocket Leggi...

**PROS:**

- ✓ Wide range of sizes from XXS to 6XL
- ✓ Available in two lengths
- ✓ Four-way stretch
- ✓ Made from recycled materials
- ✓ Two deep side pockets
- ✓ Multiple color options

CONS:

- ✗ Might feel tight at first
- ✗ Lighter colors show sweat

[Buy From Amazon](#)

We chose the Girlfriend Collective Compressive Pocket Legging as the best overall option. It's hard to beat with a stay-put high-rise fit, two deep side pockets, and an inclusive range size range. This pair comes in sizes XXS to 6XL and there are two inseam options – 28.5 inches or 23.75 inches – available. These compression leggings comfortably fit a wide range of people.

A sustainable option, this pair is made from a combination of recycled polyethylene terephthalate (RPET) and spandex fabrics. It has a four-way stretch that makes them ideal for high-intensity workouts. Reviewers say they have a just-right thickness that provides ample coverage, meaning they’re not sheer or see-through.

While they’re moisture-wicking, some reviewers note that some of the colors show sweat, so you’ll want to be mindful of that when choosing the color you want if you’re using these for higher-intensity exercise. There are six “essential” colors and six more “limited” colors to choose from, and the limited colors change over time.

These leggings are machine-washable, although you need to hang them to dry (which is a good idea for any leggings if you want to increase longevity).

Specs

List Price:	\$88
Materials:	79% RPET, 21% spandex
Sizes:	XXS-6XL

[Buy From Amazon »](#)

Best Budget

Old Navy High-Waisted PowerSoft 7/8 Legging...

**PROS:**

- ✓ Less expensive than comparable pairs and often on sale
- ✓ Comfortable compression
- ✓ Wide size range

CONS:

- ✗ Light compression in stomach area
- ✗ May run small

[Buy From Old Navy](#)

Old Navy makes an entire budget-friendly line of workout gear, and the High-Waisted PowerSoft 7/8 Leggings are one of the most highly rated pieces in the collection.

They're made from a combination of 77% polyester and 23% spandex that has medium compression and a silky smooth feel. Reviewers say they have just enough compression without being too tight and don't stretch out during the day. Some say the compression is a little light in the stomach area, so they might not "hold you in" like stronger compressive leggings, but this can make them a good fit for activities that call for more flexibility, like yoga or Pilates.

They retail for less than \$40, but you can often get them on sale for even less. Considering that many comparable compression leggings sell for around \$80 to \$100, these PowerSoft leggings are a good value. Since they’re available in sizes XS to 4X, they work for a lot of people. Some reviewers say they run small, so consider sizing up to keep them from digging during workouts or daily activities.

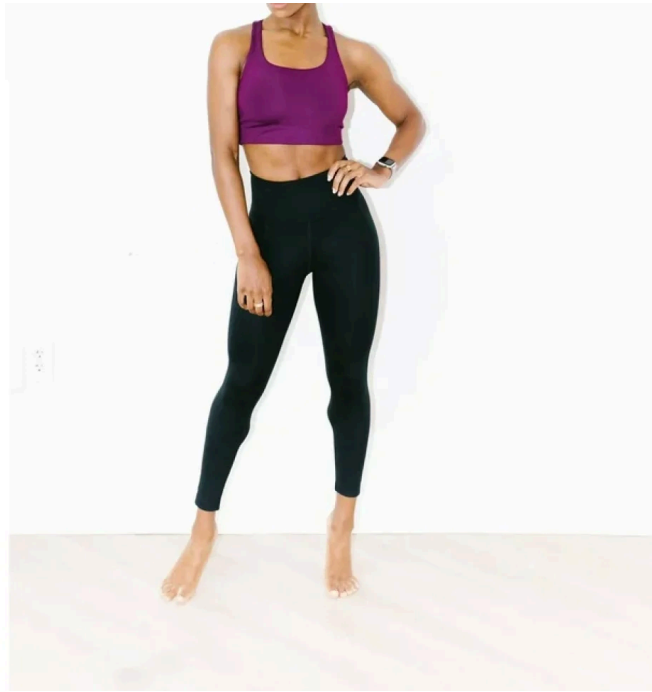
Specs

List Price:	\$39.99
Materials:	77% polyester, 23% spandex
Sizes:	XS-4X

[Buy From Old Navy »](#)

Best High-Waisted

Girlfriend Collective Compressive High-Rise Le...

**PROS:**

- ✓ Stay-put, high waist
- ✓ Three inseam options
- ✓ Available in sizes XXS to 6XL

CONS:

- ✗ Sizes are often sold out due to popularity
- ✗ Not ideal for those seeking lighter compression

[Buy From Walmart](#)

The Compressive High-Rise Legging is the Girlfriend Collective's best-selling item. They're made with the same fabric combination – RPET and spandex – as our best overall pick from the brand, but they have a higher waistband that reviewers say hits in just the right place and stays put during workouts and when sitting. Some say they feel a little *too* tight, so if you're looking for lighter compression, these may not be for you.

But Girlfriend Collective designed these compression leggings for high-impact workouts. They can handle strong movements like squats and box jumps. The material is moisture-wicking and has a four-way stretch so it moves with you instead of working against you.

Available in a wide range of sizes (XXS to 6XL), they also come in three different inseams for a cropped or full-length look. There are six “essential” colors to choose from, plus six limited-edition options. All are machine-washable, but line-drying is recommended.

Specs

List Price:	Starting at \$68 (19.5-in. inseam)
Materials:	79% RPET, 21% spandex
Sizes:	XXS-6XL

[Buy From Walmart »](#)

Best for Running

Lululemon Swift Speed High-Rise Tight 28" »



PROS:	CONS:
✓ Reflective detailing for	✗ No bright colors

safety

✖ Expensive

- ✔ Drawcord waistband for a more secure fit
- ✔ Outside seams to reduce chafing
- ✔ Zippered back pocket

Buy From Lululemon

Lululemon’s leggings aren’t marketed as compression per se, but the Swift Speed High-Rise Tight has a nylon and Lycra construction that provides just enough constriction for running. The material has a four-way stretch so it doesn’t hinder your movements, while the sleek fabric ensures less friction and wicks away sweat.

It has features specifically designed for running, like an adjustable, contoured waistband with a drawcord that gives you a no-slip fit and a zippered pocket on the back to bring along essentials without worrying about losing them. The seams are on the outside of the leggings (as opposed to the inside) to help eliminate rubbing and chafing. There are also reflective details along the legs for added safety when running outdoors.

For convenience, you can throw these leggings in the washing machine after a run and they’re dryer-safe, too, but it’s advisable to hang-dry leggings to make them last. They come in sizes 0 to 20, and in six neutral colors.

Lululemon’s leggings are a bit pricey, but the company offers a generous Quality Promise. If you try the leggings and they don’t live up to your standards, the brand will take them back.

Specs

List Price:	\$128
Materials:	69% nylon, 31% Lycra elastane
Sizes:	0-20

[Buy From Lululemon »](#)

Best for High-Intensity Workouts

Gymshark Vital Seamless 2.0 Leggings »



PROS:

- ✓ Sweat-wicking
- ✓ Mesh dots for added breathability
- ✓ High, ribbed waistband for extra security

CONS:

- ✗ Sizing is more limited
- ✗ No pockets

[Buy From Gymshark](#)

If you're planning to put your compression leggings through the wringer, you need a pair that stands up to higher intensity and more movement. Gymshark focuses on making athletic wear for gym-goers and athletes, and

these Vital Seamless 2.0 Leggings have several features that make them a good fit for high-intensity workouts.

The fabric, which is a combination of nylon and elastane, is compressive and sweat-wicking to keep you cool when you’re expending more effort. Additionally, there are breathable mesh dots throughout the leggings that help promote airflow.

A high-ribbed waistband keeps these leggings secure and provides some shaping benefits. Reviewers rate them highly for comfort, quality, and value. As another perk, they’re made using a sustainable process that requires less water, energy, and chemicals, so they have less of an impact on the environment. Plus, they’re fairly budget-friendly as far as high-quality leggings go. The sizing is more limited than others, but they’re available in sizes XS to XXL.

Specs

List Price:	\$54
Materials:	93% Nylon, 7% Elastane
Sizes:	XS-XXL

[Buy From Gymshark »](#)

Best for Yoga

Alo Yoga High-Waist Airlift Legging »

**PROS:**

- ✓ Four-way stretch for easier movement
- ✓ Compressive without being too restrictive
- ✓ Available in a dozen colors

CONS:

- ✗ Limited sizes compared to competitors
- ✗ Some may not like the sheen finish

[Buy From Alo Yoga](#)

While tight compression is good for high-impact activities, you want leggings that move with you for yoga. Alo Yoga designs compression leggings specifically for this purpose, and the High-Waist Air-Lift Legging is our top pick.

These leggings are made from the brand's most compressive fabric, which reviewers say is supportive without being too tight. They're made from a polyester and elastane combination that has a four-way stretch and is lightweight.

This pair comes in a dozen colors and has a slight sheen, which is common with compression leggings. These leggings are only available in sizes up to XL, so they’re not as size-inclusive as some of the other brands. However, many reviewers say they run big and recommend sizing down, so there’s a little more wiggle room as far as sizing goes.

Specs

List Price:	\$128
Materials:	82% polyester, 18% elastane
Sizes:	XXS-XL

[Buy From Alo Yoga »](#)

Best Plus-Sized

Superfit Hero Pocket Ankle Leggings »



PROS:

- ✓ Available in sizes L through 7XL
- ✓ Flatlock seams to reduce chafing
- ✓ Gusset for a smooth fit

CONS:

- ✗ Compression may be on the lighter side
- ✗ No bright colors

Buy From Superfit Hero

Many of the options on our list are available in plus sizes, but Superfit Hero particularly stands out for its size inclusivity. These Pocket Ankle Leggings come in sizes ranging from large to 7XL. Reviewers say they fit well, have a just-right amount of compression, and stay put without restricting movement.

They’re made from a blend of polyester and spandex that provides opaque coverage and has been brushed for extra softness. These pants have flatlock seams to reduce chafing and boost comfort.

Other callouts are two full-size side pockets, a high waistband, and a gusset that helps ensure a smooth, seamless fit.

There are a limited number of colors and most are on the darker side, so if you’re looking for bright colors, these may not be the best choice. But, if you want to stick with the basics, these have you covered.

Specs

List Price:	\$98
Materials:	88% polyester, 12% spandex
Sizes:	L-7XL

Buy From Superfit Hero »

Best for Cold Weather

Athleta Rainier Tights »



PROS:

- ✓ Brushed interior for softness and warmth
- ✓ Drawcord for a secure fit
- ✓ Machine-washable and dryer-safe

CONS:

- ✗ Pricey
- ✗ Compression varies based on the color/texture you choose

[Buy From Athleta](#)

The Athleta Rainier Tights are a perfect match for outdoor workouts in cooler climates or during the colder months. Though they're designed for warmth, you don't have to worry about the fabric being bulky or weighing you down during your workout. These leggings have a brushed interior that makes them super-soft without adding extra thickness.

Reviewers say they’re warm yet breathable, provide a good level of compression, and stay in place during high-impact workouts. To help keep them secure, there’s a drawcord in the waist that you can use to get a more customized fit.

There are several colors and fabrics to choose from, each of which is made with a different combination of materials. Because of this, compression can vary between them. For example, the solid and heathered colors contain Lycra, which can be more compressive than elastane, which is in the textured pairs.

These leggings come in a wide range of sizes, from XXS to 3XL, as well as regular, petite, and tall versions to suit all heights. They’re easy to care for since they’re machine-washable and dryer-safe.

Specs

List Price:	\$109
Materials:	Solid colors and reflective: 75% recycled polyester, 25% Lycra; heathered colors: 38% recycled polyester, 38% polyester, 24% lycra; textured: 42% nylon, 34% recycled polyester, 24% elastane
Sizes:	XXS-3X

[Buy From Athleta »](#)

The Bottom Line

While everyone has different needs and preferences for compression leggings, we’ve selected the Girlfriend Collective Compressive Pocket Leggings as the best overall option. It’s hard to beat its wide range of size options, sustainable construction, and four-way stretch that’s suitable for high-intensity workouts. Additionally, this pair

features two deep pockets for convenient storage and it's available in two lengths and numerous colors.

Things To Consider When Buying Compression Leggings

Size and Fit: Size and fit are two of the most important things to consider when buying compression leggings. You want them to feel snug, but not so tight that they restrict your movement.

First, check the size charts for the brand of leggings you're considering and make sure to compare them with your measurements. Different brands have different sizing, so this is the best way to ensure a comfortable fit.

Also, consider the height of the waist. "Abdominal compression can help improve blood flow return, but it can also feel restrictive to your breathing for some, especially at higher levels of compression," says Swain. If you don't want this abdominal compression, avoid high-waisted pairs.

Additionally, you'll want to think about length. This isn't just about style; the length of the leggings can affect circulation level. "If you are compressing just your thighs in a pair of shorts, for example, you may notice blood pooling and swelling in the calves and feet. It is more difficult for the blood to ascend out of this area into the thighs because of the compression there. Think about where you want to direct blood flow in your body," says Swain.

Once you receive the compression leggings, Swain says it's important to check your circulation. "If your feet are swelling below the compression leggings, they are either too tight, or you need to add [compression socks](#). Generally speaking, if you are having discoloration of the area below the leggings (i.e. feet turning purple), they are too tight," she says.

Materials and Breathability: Materials affect both the compression and the breathability of the leggings, so you'll want to think about your goals here, too.

Polyester, nylon, Lycra, and spandex are some of the most common materials for compression leggings. Eva Meier, CPT, PN1, certified personal trainer and founder of The Line Method, says that compression leggings that are made from nylon and Lycra typically have more structure and are inherently better at holding their shape, which creates more compression.

Polyester and spandex aren't able to hold that same type of tension, so they're not as compressive as nylon and Lycra, but they can be a good option for those who prefer less compression. With exercises like yoga, which require flexibility, lighter compression is ideal because it's less restrictive

Some fabrics, like Lycra, also have a wind-breaking effect, so these are a good option for those who prefer to workout outdoors in cooler climates or windy areas.

Breathability is partly dependent on the fabric, but many manufacturers add features like mesh components or cutouts that promote airflow and help regulate temperature better. If you tend to sweat a lot, you may want to consider getting a pair with some of these extra features.

Compression Level: Typically, you can find leggings in light, medium, and heavy compression, but the manufacturers don't always list this information outright.

In general, leggings made with nylon and Lycra will be better for those who want stronger compression, while polyester and spandex have more stretch and work better for those who prefer lighter compression. Swain says some brands offer different weave tensions in the fabric that mimic kinesiology tape to promote better joint alignment and support, so that's something you may want to look for, too.

But regardless of your preferences, there are some other things to consider. Meier suggests choosing a size and compression level that doesn't restrict your range of motion during movement or exercise. For example, if you can't do your full squat range without feeling restricted, you may need to size up or choose leggings with a different compression level.

You should make sure the leggings aren't so tight that they're pinching anywhere or leaving indents on your body. "It should hug you, not strangle you," Meier says.

Pockets and Seams: Pockets can be convenient, but these additional features aren't always the best choice for compression leggings. While people are typically drawn to

pockets, Meier says that “putting your keys or cell phone into compression legging pockets can quickly feel like you have a rock pushing into your leg.”

Additionally, pockets can negatively affect the compression. An internal pocket that’s continuous with the leggings can disrupt the evenness of the compression, according to Swain. On the other hand, an external pocket on top of the compression layer adds a seam, but it shouldn’t affect the compression.

Relatedly, seams can create inconsistencies in the level of pressure/compression against your skin. Because of this, fewer seams, or seamless leggings, are preferable for even compression. You can also find external seams instead of internal seams, which help ensure pressure stays even.

Durability: It can be difficult to judge durability when purchasing a pair of leggings since you typically don’t know how a pair will hold up until you’ve used them regularly. The durability also depends on how you use the leggings. For example, leggings will likely wear down faster if you wear them to run every day, compared to wearing them a couple of times a month for yoga.

That being said, Swain recommends checking the seams (if there are any) to see if the stitching is well done. You can also read the reviews from other users to see if they’ve commented on seams coming apart or premature breakdown. A couple of bad reviews here and there are par for the course, but if you see a lot of reviews calling out bad quality then you should take it as a red flag.

Additionally, consider the brand you’re purchasing from. Are they well-known, reputable, and generally high-rated? If so, you’re more likely to get a durable pair of leggings.

Care: Since you probably don’t want to have to deal with high-maintenance leggings after a tough workout, you should review the leggings’ cleaning instructions before making a purchase. If you want a pair that’s easy to care for, choose one that’s machine-washable. You may be able to find some that are dryer-safe too, but line drying increases longevity since the leggings won’t get as beat up in the dryer.

How We Chose the Best Compression Leggings

When choosing the best compression leggings, we looked at materials and care instructions, as well as consumer reviews that spoke to the quality and longevity of the leggings. We also consulted [Heather Swain, DPT, CPT](#), a doctor of physical therapy and certified personal trainer at Ally Total Physical Therapy, and [Eva Meier, CPT, PN1](#), a certified personal trainer and founder at The Line Method, both of whom lent their expertise to discuss the benefits of compression leggings and how to choose the right pair for you. Based on their advice, other considerations were size and fit, compression level, pockets, seams, and care.

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At 360 Reviews, our editors and contributing writers have years of experience researching, testing, and reviewing products. [Lindsay Boyers](#), the author of this piece, is a certified nutritionist with five years of experience in the commerce space and over a decade of experience in health and wellness.

In addition to contributing to U.S. News 360 Reviews, she has bylines in Sports Illustrated, Garage Gym Reviews, CNN Underscored, and Verywell Health, among other publications. As an active individual, Boyers knows how important it is to find the right workout and athleisure gear that’s both effective and comfortable.

[Marlo Jappen Porto](#), the editor of this piece, covers fitness as a home goods editor at 360 Reviews. She has edited reviews for various health and wellness products, including [yoga mats](#), [hiking boots](#), and [elliptical machines](#).

FAQ

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Should compression leggings only be worn during exercise?	+
How tight should compression leggings be?	+

About Our Team



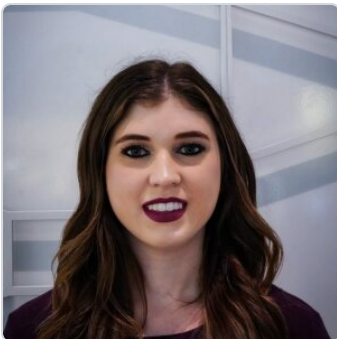
Lindsay Boyers

Contributor



Lindsay Boyers is a certified nutritionist and freelance writer and editor with extensive experience in sleep and other areas of health and wellness. She has personally tested over four dozen mattresses and many other sleep products, like pillows, sheets, and weighted blankets. Her work has been featured in Forbes, CNET, CNN Underscored, The Spruce, and Healthline, among others. She has four years of experience writing reviews

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