

# How to Pose in Meggings Do It for the Gram





# Getting the Perfect Shot

- Want to look effortlessly cool and confident in your Instagram photos? Of course, you do.
- Capturing the perfect pose (or action shot) is an art. But as they say, practice makes perfect.
- We've put together some of our favorite poses for guys to help you take your IG feed to the next level.
- Grab a friend to help, slide into your favorite pair of our [men's leggings](#), and get ready to strike a pose.



# The Superhero

- Even if you're not shredded like Chris Hemsworth in *Thor*, "The Superhero" pose will help you look swoll in front of the camera.
- The key is to take the shot from a low angle, which makes you look bigger and more imposing.
- Have a friend stand a few steps below you on a staircase or a hill. Direct the camera upward and snag the perfect shot.



  
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# The Yogi

- Oh, so you're a master yogi?
- Our men's leggings are perfect for yoga shots. They move with your body as you stretch, bend, and twist into those impressive postures.
- Grab your camera and a friend, and do your best backward bend, tree pose, or modified crow—like these boss Bulls of Matador.



# Leaning

- Leaning poses create a more natural shot, which makes it a great pose for beginners.
- It's just easier to relax your body when you have the "security" of a surface to lean against.
- Try leaning against a wall with your arm or back against a wall. Or use a fence or arm rail for support.





# The Duo

- Everything's better with a friend.
- Check out these Bulls showing off their Matador duds—frontside and backside.
- Notice how our guy's leggings have wraparound paneling that makes your thighs look even more cut? Yeah, we did that on purpose.





# Arms Crossed

- Crossed arm poses can send very different messages depending on which camera angle you choose and your facial expression and body language.
- Looking straight into the camera with a smile sends a friendly vibe. Looking away from the camera with arms crossed might suggest being deep in thought.
- Play around with it until you get the right look.





# Flex

- If you've been working your booty off to get ripped like these Matador Bulls, posting progress pics can keep you motivated.
- Getting killer fitness shots requires good angles, good lighting, good equipment—and, of course, a *great* pair of men's leggings.
- If you don't have a friend to help, invest in a decent tripod.
- Pro tip: If you have a thin face, use a longer lens (150 mm); for a wide face, use a shorter lens (50mm).





# The Acrobat

- Nothing will blow up your IG profile like a good action shot or some hardcore acrobatics.
- If you've got some gravity-defying moves, get a friend to help you snap the perfect shot. Then post that bad boy on social media.





# The Selfie

What makes a good selfie? For starters, good lighting and good angles. Here are some tips:

- Find a clean mirror near good natural or artificial lighting.
- Play around with poses until you find a flattering frame.
- Relax. Contorting your body to make yourself look bigger just ends up looking weird.
- Pay attention to what's in the background, unless you want to end up with something embarrassing—like a funky gym urinal—in your shot.





# Sun Gaze

- This pose is sexy as hell *and* showcases your abs, pecs, and biceps.
- It's a simple pose to master. Stand tall with your hips shoulder-width apart, turn your head slightly to one side, and bring your hand to your forehead.
- Gaze out at the horizon and square your jaw. Keep your mouth closed or lips slightly apart.





# Booty Pop

- If your milkshake brings all the boys to the yard...
- Better post that booty pop pic, like these Matador fans.
- If you don't have a friend to help you bag the perfect booty shot, use a mirror.
- Play around with poses until you get the right angle.
- Look over your shoulder.
- Make “eye contact” by looking into the camera lens.



  
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# Bent Knee

- There's a common rule in photography: "If it bends, bend it."
- Straight arms and legs are boring and unflattering.
- Sitting or standing, bending one knee gives the shot dimension and makes it more interesting.





# Weightlifting

- Awesome weightlifting shots require good timing. Here are some tips to snag an IG-worthy weightlifting photo:
- Wait for the athlete to fully extend their hips to get maximum height and to highlight their technique.
- Capture movement and intense facial expressions.
- Get the weights in the frame!





# Downward Gaze

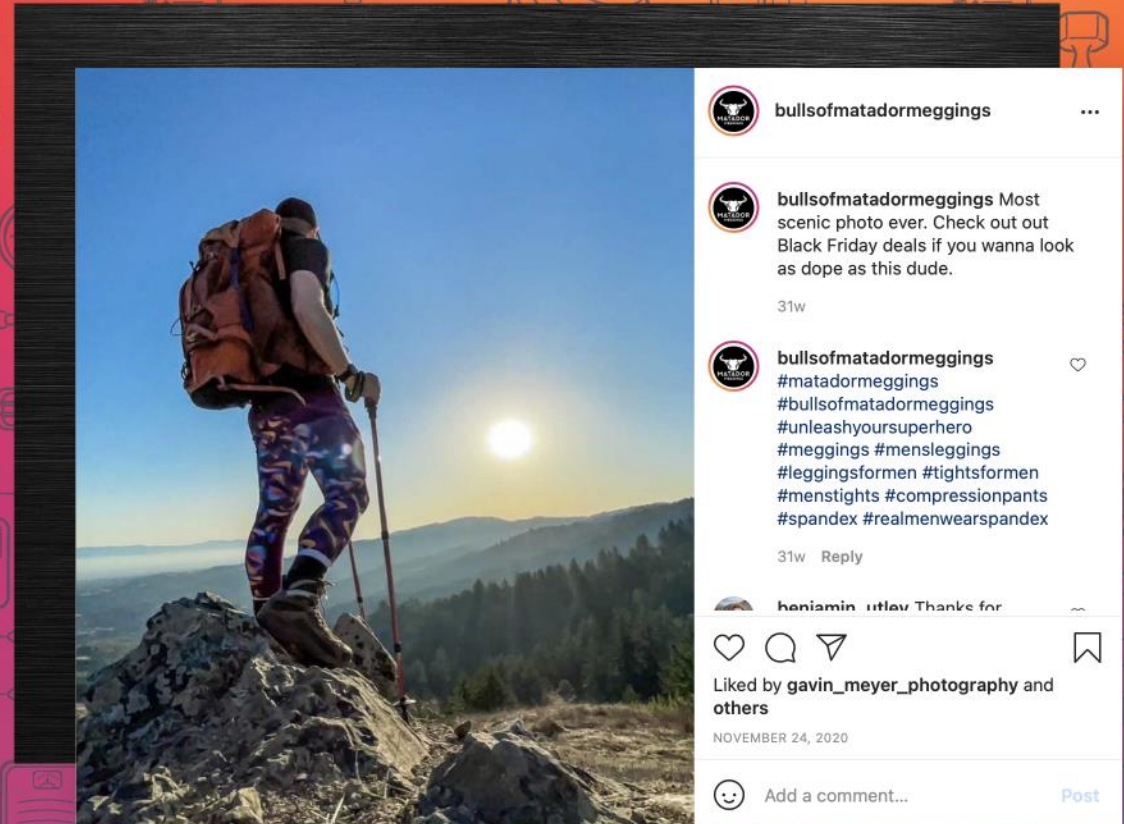
- People are going bonkers for downward gaze shots. You usually see women posing this way, but it's a great angle for guys, too.
- That's because, like leaning poses, the downward gaze creates a more natural, authentic shot.
- It's easy to do. Stand up and relax your body, with your arms in a natural position. Look straight down, or slightly over your shoulder and down.





# Facing Nature

- Naturey photos are always a winner—everyone loves a good romp in the woods. Next time you bag a killer peak, don't forget to brag on social media.
- Take the shot from a low angle to look more dominant, and face away from the camera to let the viewer take in the whole scene.
- Don't forget [the rule of thirds](#)—it makes photos more interesting. These Matador Bulls nailed it.





# About Matador Meggings

- Matador Meggings is a unique athleisure fashion company that's taking men's athletic leggings to the next level. Our [men's leggings](#) are designed specifically to fit, flatter, and support the male body.
- Our tights for men feature moisture-wicking performance fabric, two pockets (one open, one zippered), and a loop to secure your towel or shirt. The star of the show is our removable molded crotch cup, designed to keep you comfortable—and prevent any unwanted peen gawking.
- Together with our customers and fans, Matador Meggings is creating a supportive community focused on fitness, authenticity, and brotherhood.



# Summary

Make your Instagram photos next-level with these smoking-hot poses by Matador Meggings.