



MATADOR
MEGGINGS

7 REASONS

TO WEAR COMPRESSION LEGGINGS

WHEN YOU EXERCISE

*Or, as We Like to Call Them: **MEGGINGS***



COMPRESSION LEGGINGS: Passing Fad or Performance Enhancer?

Athletes and fitness aficionados swear by compression leggings, wearing them like they're going out of style (which they aren't, by the way).

So, what's all the hype about? Are compression spandex just a passing fad?

Nope. The science is in, and compression gear has proven benefits.¹ It helps optimize performance during workouts and helps with recovery.

Keep reading to discover 7 reasons you should consider wearing men's athletic compression leggings (aka meggings) when you work out.



IMPROVED MUSCLE SUPPORT & RECOVERY

Compression tights support and stabilize your muscles while you train by absorbing some of the strain as you squeeze your muscles.

They also increase blood flow and muscle oxygenation. This speeds up the muscle repair process and reduces muscle fatigue after workouts. (So you're ready to grab the rest of the day by the balls.)

One study also found that compression gear makes it easier to regain maximum vertical jumping ability after a workout.²

1



“Compression pants don't need to compress your junk.

- Valentine, Maker of Matador Meggings



2

SUPERIOR GROIN SUPPORT

When you're running, jumping, squatting, and lunging, you want—ahem—everything to stay in place.

Men's leggings with a molded crotch cup help keep the goods tucked away and concealed.

Without adequate support in the crotch area you're flying blind, so choose a brand that makes compression leggings specifically for men's anatomy.

People shouldn't tell your religion by your leggings.

- Valentine, Maker of Matador Meggings

ENHANCED PERFORMANCE

Getting oxygen to your muscles is critical for optimal performance during workouts.

Compression leggings boost the amount of oxygen your muscles receive by increasing blood flow.³ More oxygen means more energy and power.

Compression meggings also act like a shock absorber, reducing vibrations in skeletal muscles when you run. This can help prevent muscle trauma. (And when your meggings are stylish, they can help prevent other types of fashion trauma, too.)

3



“Your meggings should always include the 5 Fs: functional, fun, fashionable, fierce, & f*ckable.”

- Valentine, Maker of Matador Meggings

A man in red and black compression leggings is performing a handstand on a white ledge in a parking lot. He is smiling and has his right arm raised. The background shows a clear blue sky and modern buildings.

4

GREATER COMFORT

Compression leggings create less friction than traditional athletic gear. They hug your body and stay put, which means less slipping and chafing.

They're also surprisingly breathable. (Your johnson and his friends will thank you.)

Compression tights for men are typically made of moisture-wicking materials, which bring sweat to the surface of the fabric where it can evaporate quickly. This helps keep you dry during your workouts.

“No day is a good day when buttons are involved.”

- Valentine, Maker of [Matador Meggings](#)

FULL FLEXIBILITY

Whether you're mastering yoga poses, running a marathon, or lifting weights, you don't want extra fabric getting in your way.

Compression leggings and tops give you complete freedom of movement. (You can do backflips without worrying about back rips.)

And they can help you improve your technique during workouts, since they let you see the biomechanics of your movements.

5



“Matador Meggings = Stretch Goals.”

- Valentine, Maker of [Matador Meggings](#)

6

LESS MUSCLE SORENESS

When you work your muscles hard, fluid and white blood cells rush to the area to repair the muscle tissue. This can lead to swelling and soreness. (No, thank you.)

By constricting the muscles, compression leggings reduce fluid buildup. This means less soreness.

Compression gear also boosts blood flow, which helps remove creatine kinase, an enzyme that causes achy muscles.⁴

“If it ain't tight, it ain't right.”

- Valentine, Maker of Matador Meggings



STYLE

Compression tights help you show off the physique you work so hard for. When you look good, you feel good. And when you feel good, you're motivated to work even harder.

Compression leggings don't have to be boring. Today you can find quality men's compression leggings in a range of colors and patterns, with awesome extras like crotch support and functional pockets.

Matador Meggings offers these extras...and more. With No-VPL* Technology™ (*visible penis line) to conceal and support the goods, an open pocket for a phone, zipper pockets for valuables, and a t-shirt/towel loop, their meggings aren't just great to look at and comfortable to wear, they're completely functional.

You don't have to sacrifice style for performance.

7



“Show me a superhero that doesn't wear leggings, I'll wait.”

- Valentine, Maker of Matador Meggings

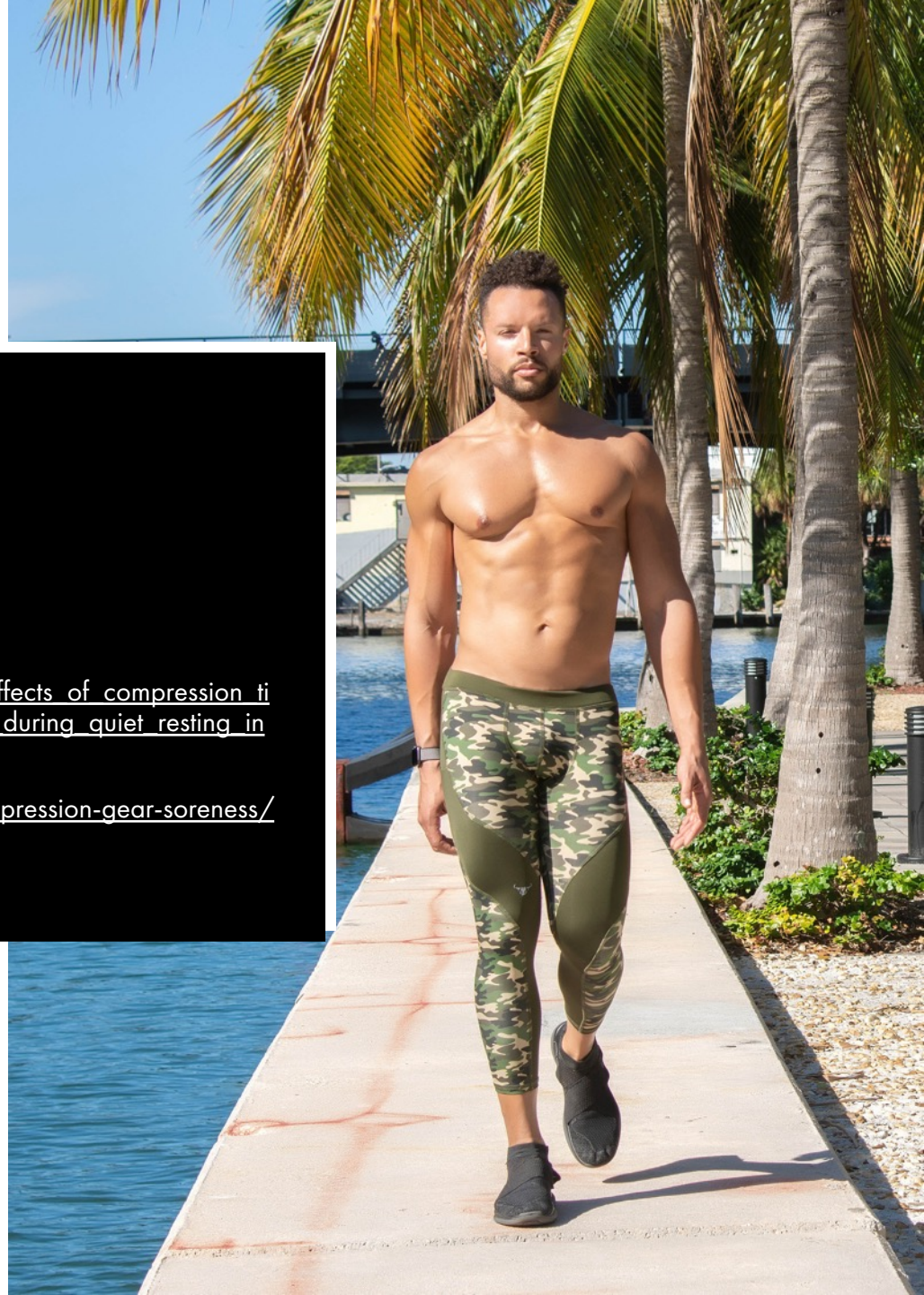


ABOUT MATADOR MEGGINGS

Matador Meggings was born out of the idea that guys should have access to quality leggings made specifically for the male anatomy and they should wear them with confidence, just like the original bullfighters of Spain. Their signature men's leggings are made with sweat-wicking performance fabric and offer a soft molded crotch cup with No-VPL* Technology™ (*visible penis line), which conceals the groin department and offers support where it counts. Numerous features like an open pocket for a phone, a zipper pocket for valuables, and a t-shirt/towel loop make these meggings functional for the modern man's needs. View their full line of men's leggings, tops, joggers, and accessories at <https://matadormeggings.com/>.

SOURCES

1. <https://www.ncbi.nlm.nih.gov/pubmed/27106555>
2. <https://www.ncbi.nlm.nih.gov/pubmed/23302134>
3. <https://www.researchgate.net/publication/6677577> Effects of compression tights on calf muscle oxygenation and venous pooling during quiet resting in supine and standing positions
4. <https://www.menshealth.com/fitness/a19536763/compression-gear-soreness/>



Summary

Wearing compression leggings during workouts can improve performance, reduce the risk of muscle strain, and help you recover faster. Matador Meggings makes high-quality men's leggings with No-VPL* Technology™ (*visible penis line), which conceals and supports where it counts.