

SHOP NOW

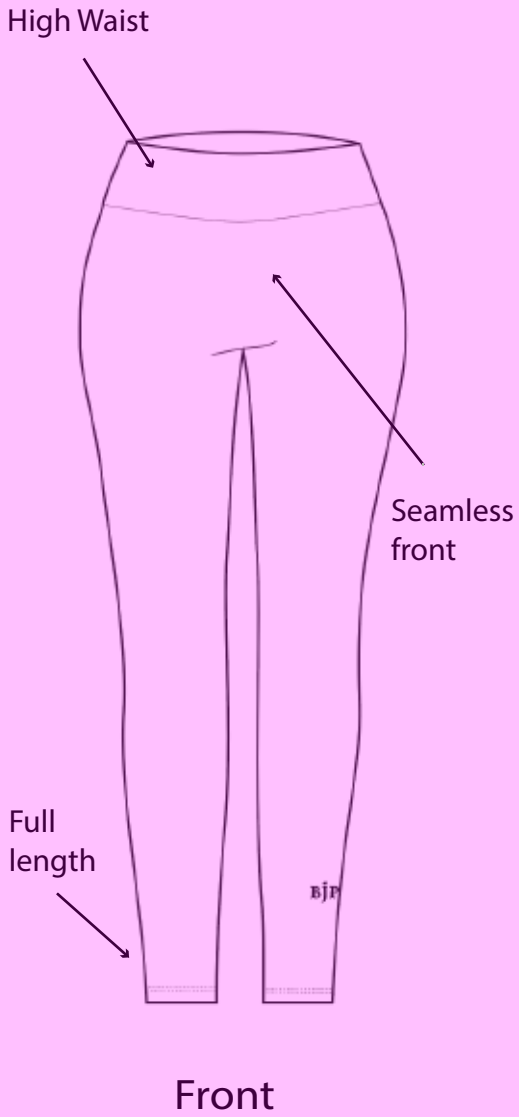
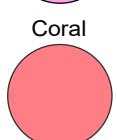
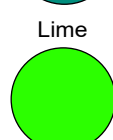
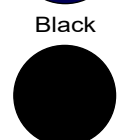
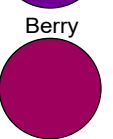
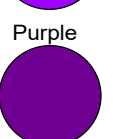
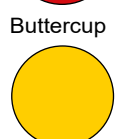
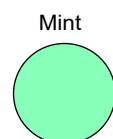
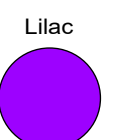
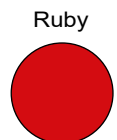
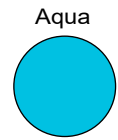
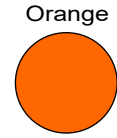
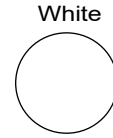
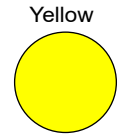
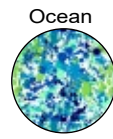
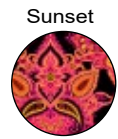
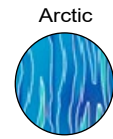
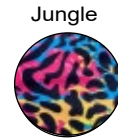
BjP

PERFORMANCE WEAR

BJP

\$65

PERFORMANCE WEAR LEGGINGS



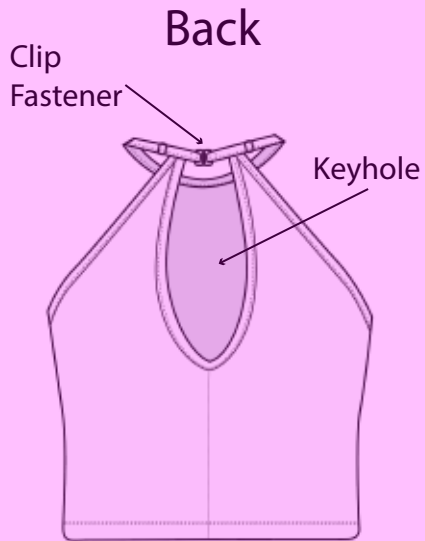
LEGGINGS

Full Length with a seamless front.
High waist with no inner elastic for a comfortable fit which stays in place.

80% Polyester
20% Spandex

BJP
\$60

PERFORMANCE WEAR DEMI TOP



DEMI

Fitted design. Crew neck with adjustable sliders to lengthen/shorten the neckline. Teardrop keyhole in back with clip fastener at neck. All colours and prints come fully lined.

80% Polyester
20% Spandex

BJP

\$60

PERFORMANCE WEAR SPECIAL RANGE ITEMS

Demi



Long Sleeve Demi



DEMI



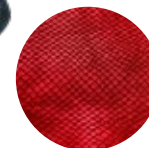
Shimmer



Sleek



Red
Diamanté



80% Polyester
20% Spandex

Please refer to the Demi information and size guide.

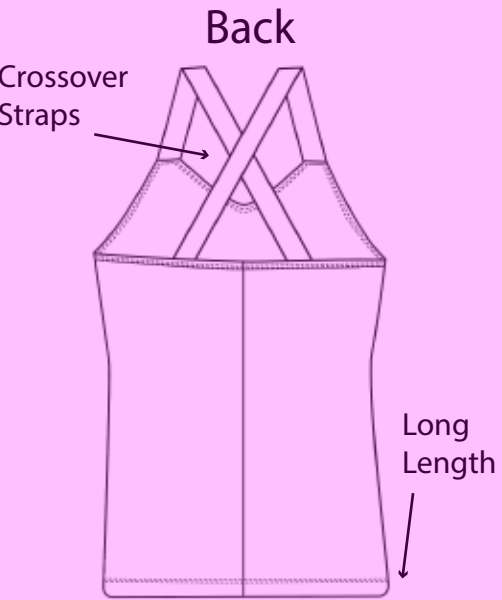
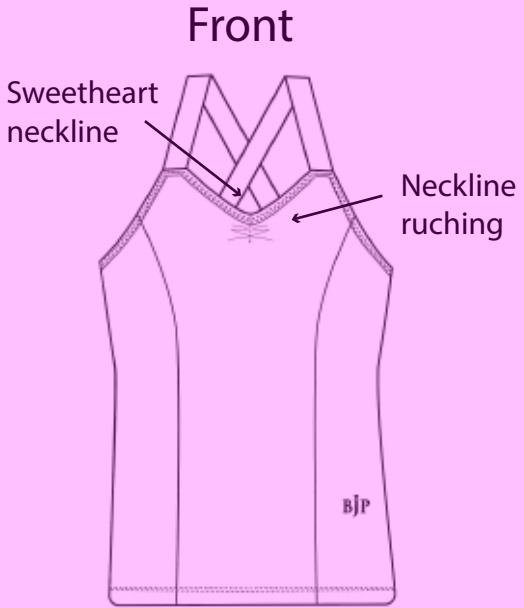
Shimmer and Sleek project a hologram rainbow effect when hit by the light.

Long Sleeve version has a lined bodice.

BJP

\$60

PERFORMANCE WEAR ATTITUDE TOP



ATTITUDE

Relaxed fit. Long length. Sweetheart neckline with ruching. A princess line creates a flattering look. Wide crossover straps. All colours and prints come fully lined.

80% Polyester
20% Spandex

BJP
\$60

PERFORMANCE WEAR GRANDE TOP

Front

Boat Neckline



Back



GRANDE

Relaxed fit. Long length. Boatneck neckline.
A princess line creates a flattering look. Available in plain colours only.
All colours have a lined bodice.

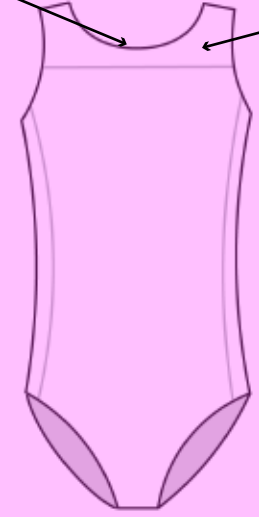
80% Polyester
20% Spandex

BJP
\$65

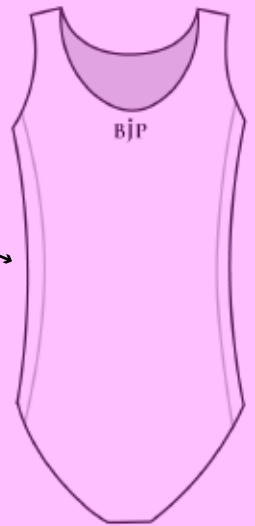
PERFORMANCE WEAR LEOTARD



Boat Neckline
Front
Mesh panel in Black and White Leotards



Back



Side Panel

LEOTARD

Black and White come with a mesh insert in the top front panel.
All other colours and prints come with the matching colour fabric panel.
All colours and prints are lined.

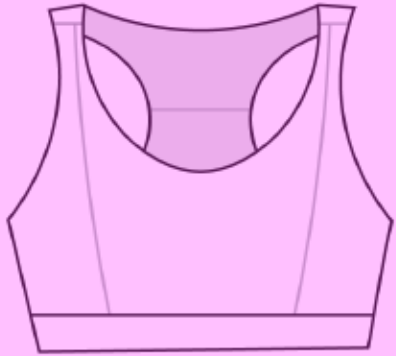
80% Polyester
20% Spandex

BJP

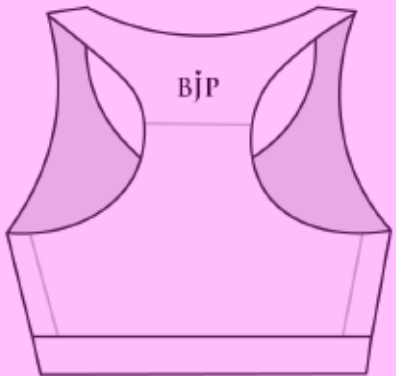
\$40

PERFORMANCE WEAR ACTION CROP

Front



Back



CROP

Fully lined front with pocket which can be used to insert bra pads.
Crops must to be worn in any BJP competition as an undergarment only and not as a main top option. They may be worn under any BJP top including mesh and tank tops.
Available in plain colours.

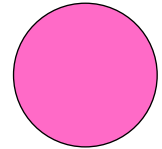
80% Polyester
20% Spandex

BJP

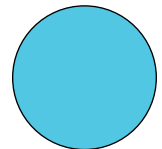
PERFORMANCE WEAR UNLINED CROP TOP

\$30

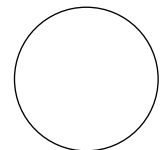
Bubblegum



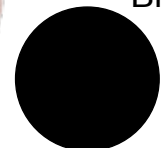
Aquamarine



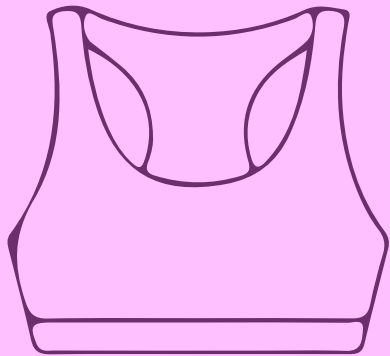
White



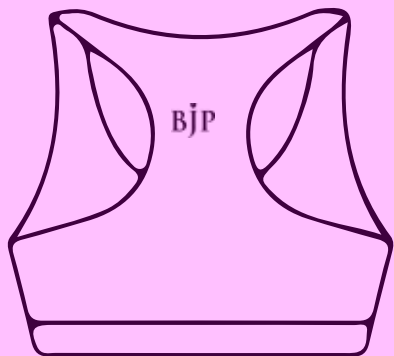
Black



Front



Back



UNLINED
CROP TOP

Racerback style Unlined Crop Top.

Crops must be worn in any BJP competition as an undergarment only and not as a main top option. They may be worn under any BJP top including mesh and tank tops.

These Crop Tops are not lined.

PBS Soft Feel
Spandex
85% Polyester
15% Spandex

PERFORMANCE WEAR TANK TOP

\$40

Black



TANK TOP

Loose style mesh Tank Top designed to be worn over any BJP performance wear top, or BJP leotard with leggings. Small breathable holes allow a peek of colour to shine through.

Open weave breathable mesh
100% Polyester

PERFORMANCE WEAR LONG SLEEVE MESH TOP

\$50

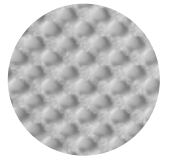
Front



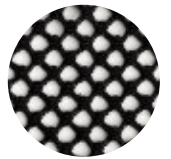
Back



White



Black



LONG SLEEVE
MESH TOP

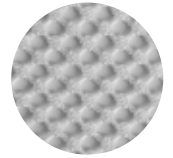
Long sleeve Demi style mesh top designed to be worn over any BJP performance wear top, or BJP leotard with leggings. Available in Black and White.

Stretch honeycomb
90% Nylon
10% Spandex

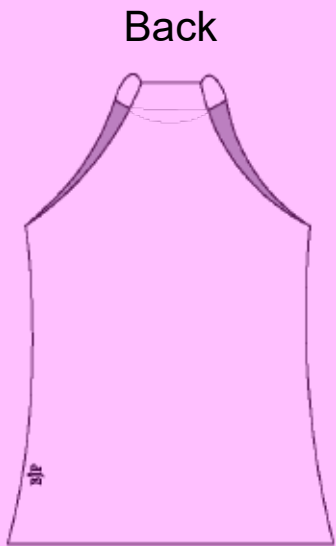
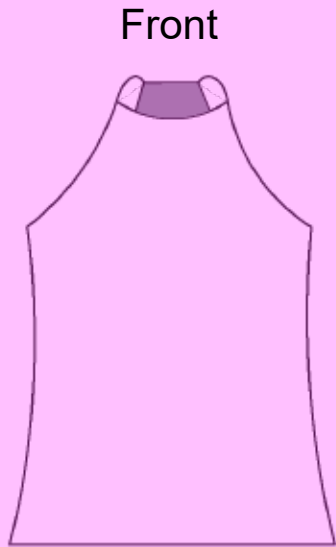
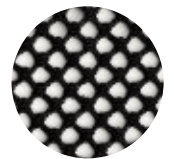
PERFORMANCE WEAR MESH SINGLET

\$50

White



Black



Relaxed fit mesh singlet top designed to be worn over any BJP performance wear top, or BJP leotard with leggings. Available in Black and White.

Stretch honeycomb
90% Nylon
10% Spandex

MESH SINGLET

Performance Wear Leggings Size Guide

Size	LOW HIP	WAIST
Chlds 4	52-60cm	44-50cm
Chlds 6	58-60cm	48-54cm
Chlds 8	62-68cm	52-58cm
Chlds 10	66-72cm	56-62cm
Chlds 12	70-77cm	62-67cm
Ladies 4/Chlds 14	75-82cm	63-69cm
Ladies 6	81-88cm	64-70cm
Ladies 8	87-93cm	68-74cm
Ladies 10	91-97cm	72-78cm
Ladies 12	95-101cm	77-78cm
Ladies 14	99-105cm	82-88cm
Ladies 16	103-109cm	86-92cm
Ladies 18	108-115cm	90-97cm
Ladies 20	114-122cm	95-102cm
Ladies 22	121-129cm	99-107cm
Ladies 24	124-132cm	104-112cm

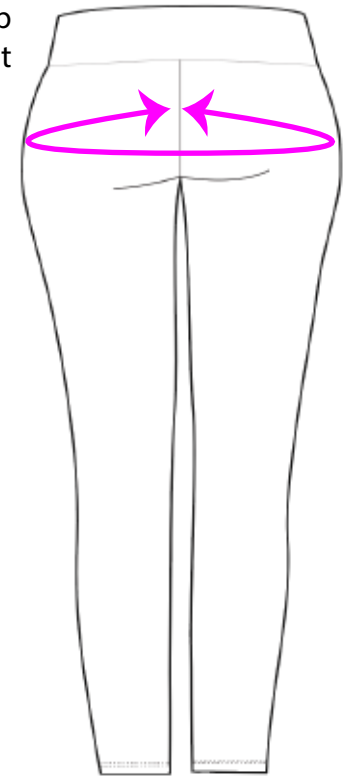
Ensure you check the relevant size guide for each item you purchase.

Waist Measurement



Front

Low Hip Measurement



Back

There is a significant length difference between the Chlds 12 and Ladies 6. Ladies 4/Chlds 14 bridges this gap and the length falls halfway between these two.

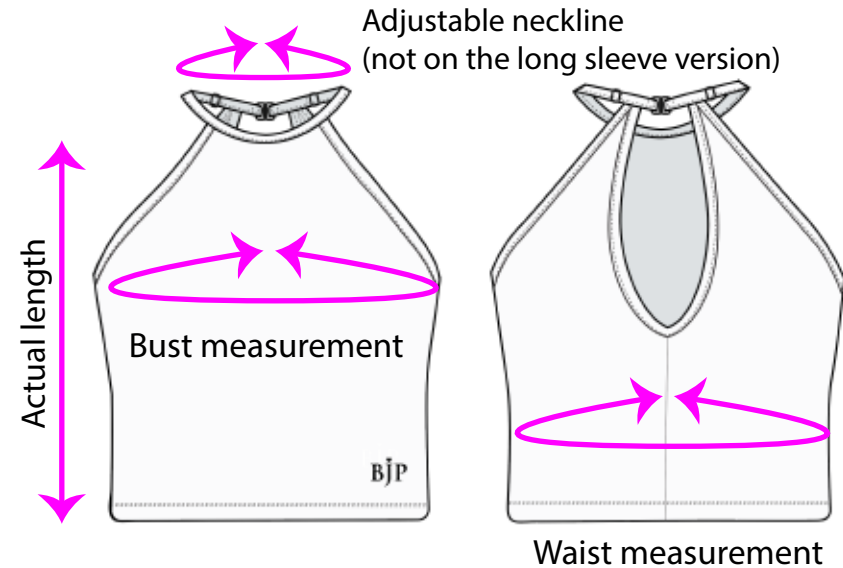
Print leggings are coloured with a sublimation process and may lose brightness if overstretched. It is recommended that you go up a size if you fall into the upper end of the size guide.

Performance Wear Demi Size Guide

(Regular and Long Sleeve)

	BUST	WAIST	Actual LENGTH of top
Childs 4	53-59cm	48-54cm	20.5cm
Childs 6	57-63cm	53-58cm	23cm
Childs 8	61-67cm	57-62cm	25.5cm
Childs 10	65-71cm	61-66cm	28cm
Childs 12	69-76cm	65-71cm	30.5cm
Adult 6	78-84cm	64-70cm	35cm
Adult 8	82-88cm	68-74cm	36cm
Adult 10	86-92cm	72-78cm	37cm
Adult 12	90-96cm	77-83cm	38.5cm
Adult 14	94-101cm	82-88cm	40cm
Adult 16	99-106cm	86-92cm	41cm
Adult 18	104-110cm	90-97cm	42cm
Adult 20	108-116cm	95-102cm	43.2cm
Adult 22	114-122cm	99-107cm	44.5cm
Adult 24	120-128cm	104-112cm	45.5cm

Ensure you check the relevant size guide for each item you purchase.



The Demi top is designed to have a firm fit.

The length of the top will depend on the length of the individual's torso, but it is designed to fit just below the waist.

The Demi top is fully lined and this size guide already takes this into consideration.

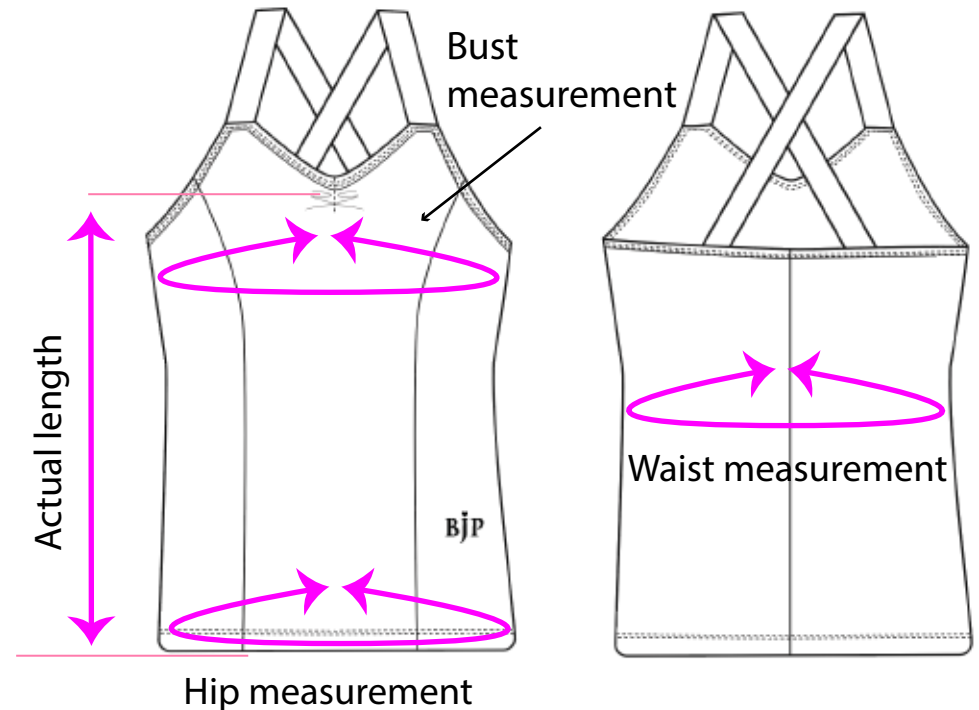
The actual length measurement is taken when the top is laid flat, unstretched, from the centre neckline to the hem.

Prints are coloured with a sublimation process and may lose brightness if overstretched. It is recommended that you go up a size if you fall into the upper end of the size guide.

The Shimmer /Sleek Hologram effect is printed on the fabric and may therefore be affected if overstretched. It is recommended that you go up a size if you fall into the upper end of the size guide.

Performance Wear Attitude Size Guide

	BUST	WAIST	HIP	Actual LENGTH of top
Childs 4	52-58cm	45-49cm	51-56cm	23.5cm
Childs 6	56-62cm	48-53cm	55-60cm	26.5cm
Childs 8	60-66cm	51-57cm	59-64cm	29cm
Childs 10	66-70cm	56-61cm	63-68cm	32cm
Childs 12	69-74cm	59-65cm	68-72cm	35.5cm
Adult 6	74-80cm	62-68cm	76-82cm	35.5cm
Adult 8	79-85cm	65-71cm	82-88cm	36.5cm
Adult 10	84-90cm	70-76cm	86-92cm	37.5cm
Adult 12	89-95cm	75-81cm	90-96cm	39cm
Adult 14	94-100cm	80-86cm	94-100cm	40cm
Adult 16	99-105cm	85-90cm	98-104cm	40.7cm
Adult 18	104-111cm	88-94cm	102-108cm	41.5cm
Adult 20	109-116cm	92-98cm	108-112cm	42.5cm
Adult 22	114-127cm	96-102cm	110-117cm	43cm
Adult 24	118-128cm	100-106cm	115-123cm	45.5cm



The Attitude top is designed to be a relaxed fit. If you would like the top to be a more fitted design, we recommend selecting one size smaller.

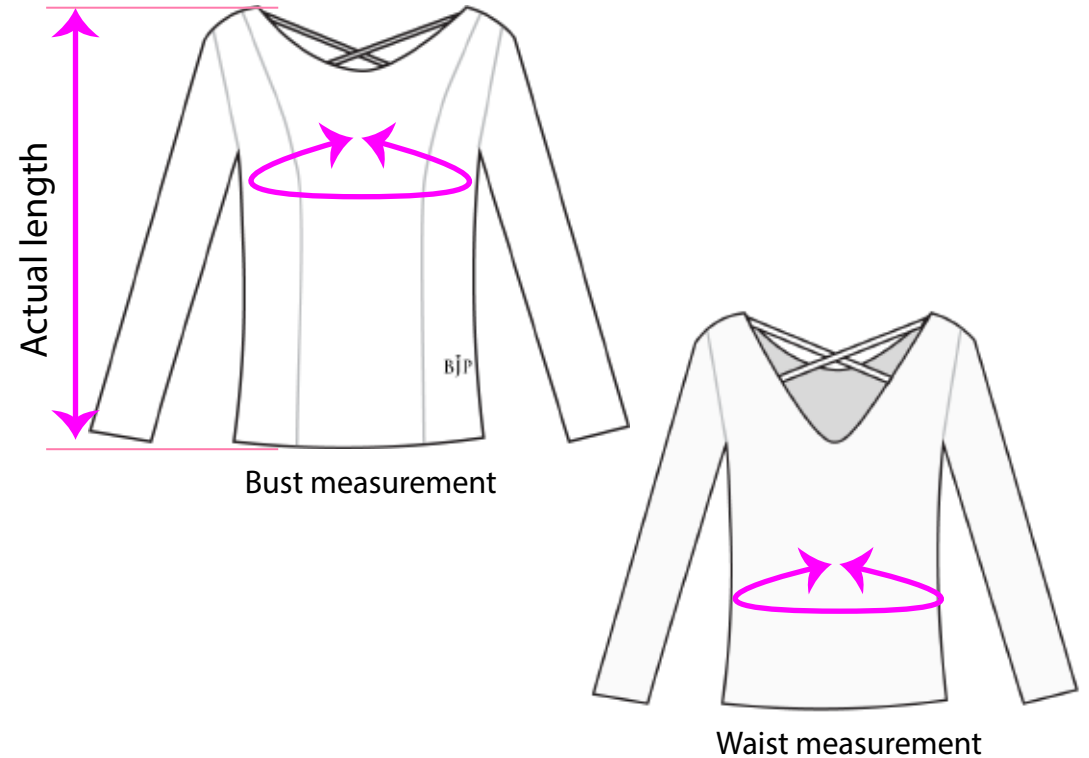
The Attitude top is fully lined and this size guide already takes this into consideration.

The actual length measurement is taken as the top is laid flat, unstretched, from the centre neckline to the hem.

Ensure you check the relevant size guide for each item you purchase.

Performance Wear Grande Guide

	BUST	WAIST	HIP	Actual LENGTH of top
Childs 4	52-58cm	45-49cm	51-56cm	31cm
Childs 6	56-62cm	48-53cm	55-60cm	35cm
Childs 8	60-66cm	51-57cm	59-64cm	39cm
Childs 10	66-70cm	56-61cm	63-68cm	43cm
Childs 12	69-74cm	59-65cm	68-72cm	47cm
Adult 6	74-80cm	62-68cm	76-82cm	52cm
Adult 8	79-85cm	65-71cm	82-88cm	53.5
Adult 10	84-90cm	70-76cm	86-92cm	55cm
Adult 12	89-95cm	75-81cm	90-96cm	56.5cm
Adult 14	94-100cm	80-86cm	94-100cm	58cm
Adult 16	99-105cm	85-90cm	98-104cm	59.5cm
Adult 18	104-111cm	88-94cm	102-108cm	61cm
Adult 20	109-116cm	92-98cm	108-112cm	63.5cm
Adult 22	114-127cm	96-102cm	110-117cm	66cm
Adult 24	118-128cm	100-106cm	115-123cm	68.5cm



The Grande top is designed to be a longer style relaxed fit. If you would like the top to be a more fitted design, we recommend selecting one size smaller.

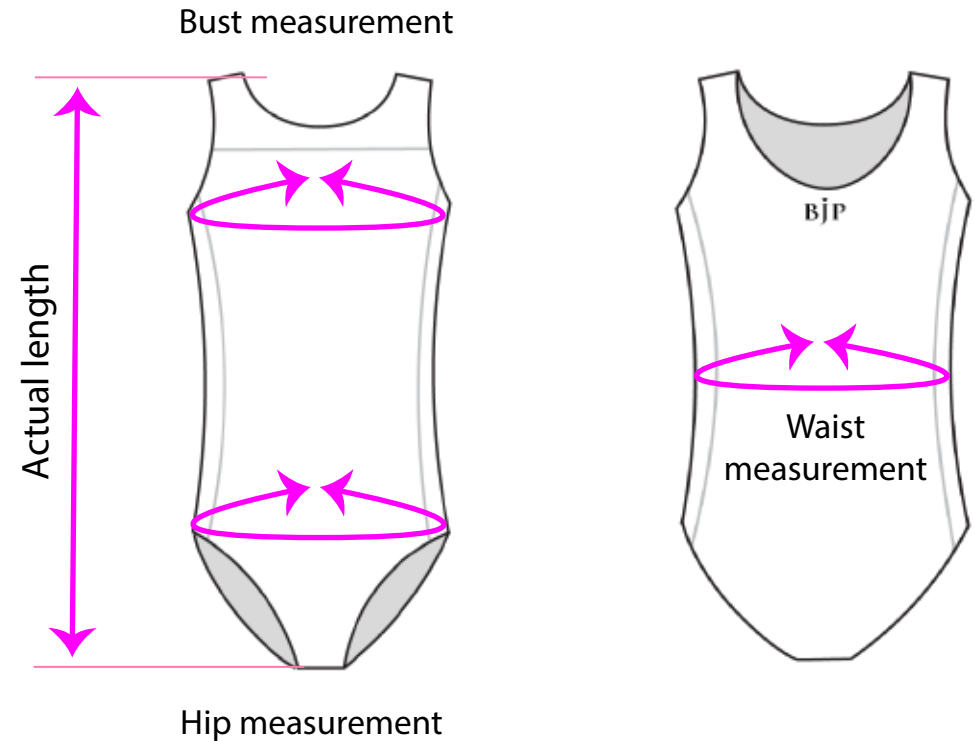
The Grande top has a lined bodice and unlined arms. This size guide already takes this into consideration.

The actual length measurement is taken as the top is laid flat, unstretched, from the highest shoulder point to the hem.

Ensure you check the relevant size guide for each item you purchase.

Performance Wear Leotard Guide

SIZE	HIP	BUST	WAIST	Actual LENGTH of leotard
Childs 4	52-60cm	53-59cm	48-54cm	39cm
Childs 6	58-60cm	57-63cm	53-58cm	42.5cm
Childs 8	62-68cm	61-67cm	57-62cm	46cm
Childs 10	66-72cm	65-71cm	61-66cm	49.5cm
Childs 12	70-78cm	69-76cm	65-71cm	53.5cm
Adults 6	79-86cm	76-83cm	66-72cm	59cm
Adults 8	85-92cm	82-88cm	69-74cm	61.5cm
Adults 10	91-97cm	86-92cm	72-78cm	63.5cm
Adults 12	95-101cm	90-96cm	77-83cm	65.5cm
Adults 14	99-105cm	94-101cm	82-88cm	67.5cm
Adults 16	103-109cm	99-106cm	86-92cm	69.5cm
Adults 18	108-115cm	104-110cm	90-97cm	71.5cm
Adults 20	114-122cm	108-116cm	95-102cm	73.5cm
Adults 22	121-129cm	114-122cm	99-107cm	75.5cm
Adults 24	124-132cm	120-128cm	104-112cm	77.5cm



The Performance Wear Leotard is fully lined with the exception of the top front panel. This panel is a fine mesh in the black and white leotards.

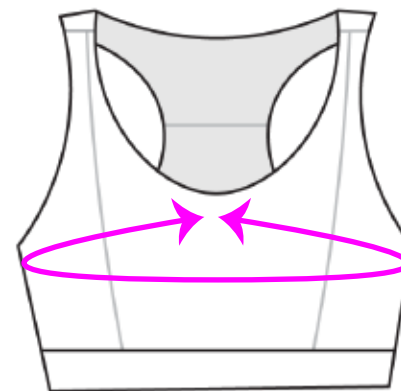
All other colours and prints come with the matching colour fabric panel.

Ensure you check the relevant size guide for each item you purchase.

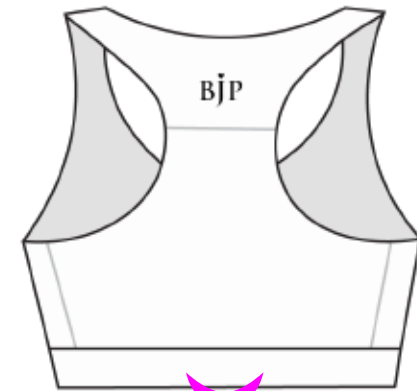
The actual length measurement is taken as the leotard is laid flat, unstretched, from the highest shoulder point to the crotch.

Performance Wear Action Crop Size Guide

	BUST	WAIST
Childs 4	53-59cm	48-54cm
Childs 6	57-63cm	53-58cm
Childs 8	61-67cm	57-62cm
Childs 10	65-71cm	61-66cm
Childs 12	69-76cm	65-71cm
Adult 6	78-84cm	64-70cm
Adult 8	82-88cm	68-74cm
Adult 10	86-92cm	72-78cm
Adult 12	90-96cm	77-83cm
Adult 14	94-101cm	82-88cm
Adult 16	99-106cm	86-92cm
Adult 18	104-110cm	90-97cm
Adult 20	108-116cm	95-102cm
Adult 22	114-122cm	99-107cm
Adult 24	120-128cm	104-112cm



Bust measurement



Waist measurement

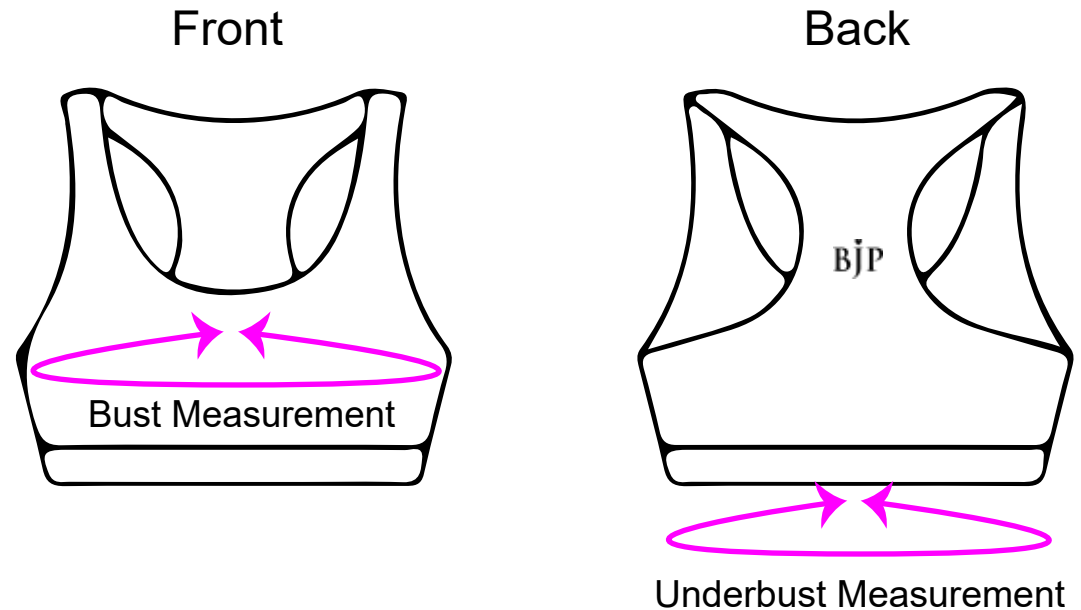
Front Lined Performance Wear Crop.

Includes a pocket which can be used for Bra padding inserts.
(bra padding inserts *not* included)

Ensure you check the relevant size guide for each item you purchase.

Performance Wear Unlined Crop Size Guide

SIZE	BUST	UNDERBUST
Childs 4	49-52cm	49-52cm
Childs 6	53-56cm	53-56cm
Childs 8	55-59cm	55-59cm
Childs 10	57-60cm	57-60cm
Childs 12	61-68cm	61-65cm
Childs 14	64-74cm	64-69cm
Adult XS	70-80cm	67-71cm
Adult S	73-86cm	69-75cm
Adult M	78-92cm	75-84cm
Adult L	84-98cm	79-85cm
Adult XL	90-104cm	83-91cm
Adult 2XL	95-109cm	87-96cm
Adult 3XL	101-113cm	91-100cm
Adult 4XL	105-117cm	95-106cm
Adult 5XL	109-122cm	99-110cm



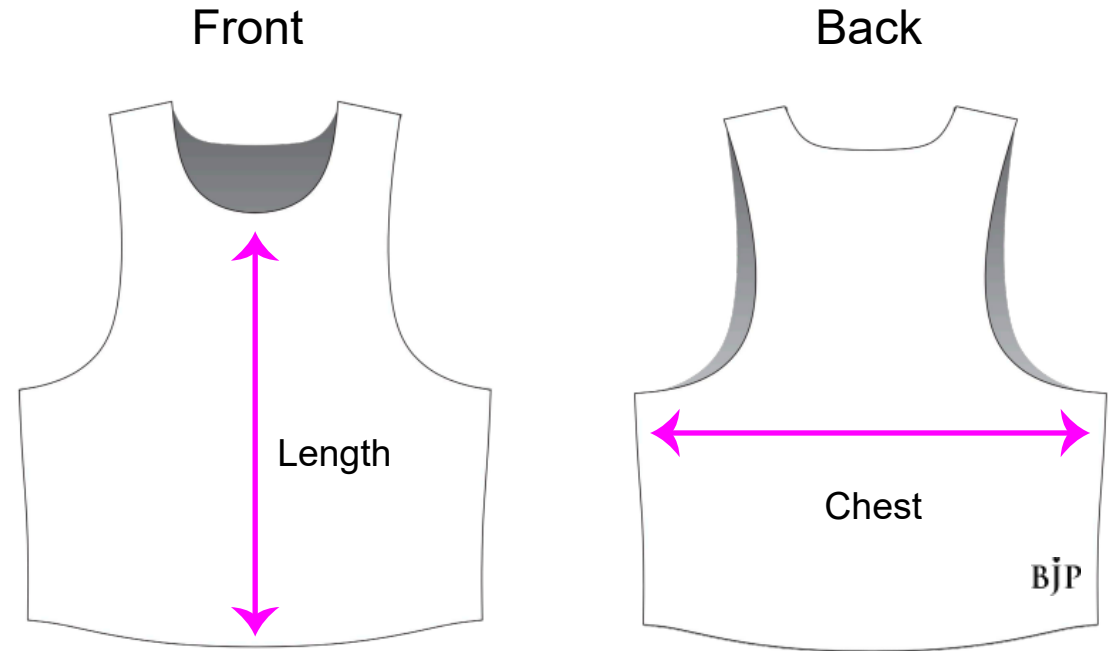
These crops are unlined and are coloured with a sublimation process. They may lose brightness if overstretched.

It is recommended that you go up a size if you fall into the upper end of the size guide.

Ensure you check the relevant size guide for each item you purchase.

Performance Wear Tank Top Size Guide

SIZE	CHEST	LENGTH
Childs 4	56cm	23cm
Childs 6	60cm	26cm
Childs 8	63cm	29cm
Childs 10	72cm	32cm
Childs 12	78cm	34cm
Childs 14	82cm	37cm
Adult XS	86cm	41cm
Adult S	90cm	42cm
Adult M	96cm	44cm
Adult L	100cm	45cm
Adult XL	106cm	48cm
Adult 2XL	110cm	49cm
Adult 3XL	116cm	50.5cm
Adult 4XL	120cm	52cm
Adult 5XL	126cm	54cm

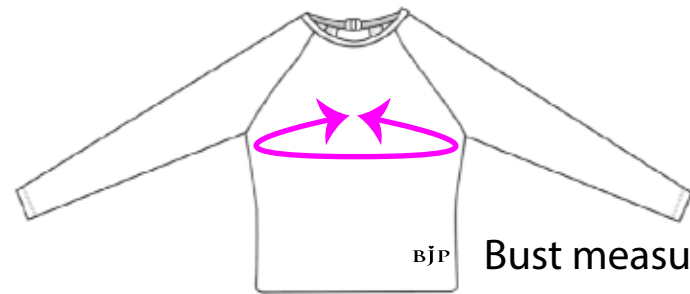


Measurements are taken when garments is laid flat.
The mesh Tank Top is made from a non-stretch fabric.

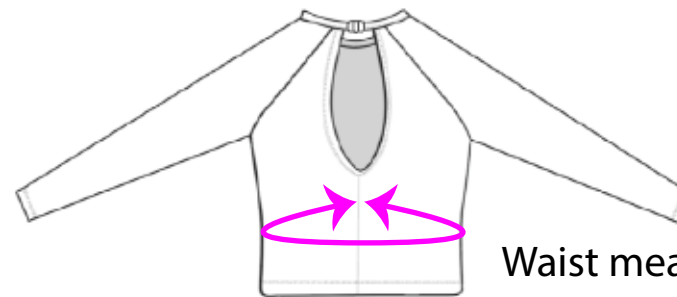
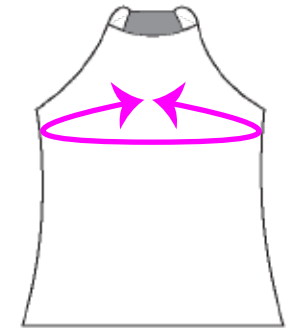
Ensure you check the relevant size guide for each item you purchase.

Performance Wear Long Sleeve and Singlet Mesh Top Guide

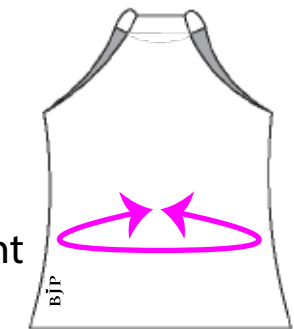
	BUST	WAIST
Childs 4	53-59cm	48-54cm
Childs 6	57-63cm	53-58cm
Childs 8	61-67cm	57-62cm
Childs 10	65-71cm	61-66cm
Childs 12	69-76cm	65-71cm
Adult 6	78-84cm	64-70cm
Adult 8	82-88cm	68-74cm
Adult 10	86-92cm	72-78cm
Adult 12	90-96cm	77-83cm
Adult 14	94-101cm	82-88cm
Adult 16	99-106cm	86-92cm
Adult 18	104-110cm	90-97cm
Adult 20	108-116cm	95-102cm
Adult 22	114-122cm	99-107cm
Adult 24	120-128cm	104-112cm



Bust measurement



Waist measurement



Long sleeve Demi style mesh top is a fitted design made from stretch honeycomb fabric allows a peak of colour to shine though.

Mesh Singlet is a more relaxed fitted design which falls to hip length. If you would like the Mesh Singlet to be a more fitted design, we recommend selecting one size smaller.

Ensure you check the relevant size guide for each item you purchase.

Care Instructions

Your new performance wear has been made with the highest quality fabrics.

Keep it looking and feeling great for even longer by following the correct CARE INSTRUCTIONS.

- Tanning products, body adhesive, deodorants and hairspray may have a damaging effect on the fabric which can not be repaired.
- Dark colours may run onto white/lighter colours when there is moisture present. e.g. perspiration. If you are concerned that this may occur, wash your garment first before wearing to reduce the risk. If colour runs do occur, wash the garment immediately and avoid using heat as this could set the unwanted colour into the fabric.
- Care must be taken to not rub the fabric against any rough surface. This includes concrete, bricks, unpolished floorboards, bags, chairs with rough surfaces and anti-slip strips on the edges of stairs, podiums and stages. If the fabric becomes pilled due to rubbing against a rough surface, it cannot be repaired.
- When adjusting straps on the Demi top, do not adjust while wearing the garment. Adjust the straps before putting on the garment so no additional pressure is placed on the clasps during adjustment.

Things to note

- The logo on some dark blue and purple tone garments may appear pale pink when new, due to the heat stamping process. This will not change upon washing.
- There is a 1-2cm variance toleration in the measurements of the garments.
- Our garments are hand dyed which means the dye lot could vary slightly with each production. We can only guarantee a 98% colour match with each release.

Washing Instructions

- Wash immediately after wearing.
- Do not soak.
- Handwashing is the best and safest method to clean your garments.
- Use cold water only. Hot water can break down the fibres which keep your performance wear elastic.
- If machine washing, use a mesh garment bag to help prevent your garments from twisting and overstretching.
- Use only a mild detergent. Do not use detergents containing bleach or highly concentrated enzyme detergents.
- Use a regular spin cycle if machine washing.
- Hang the garments to air-dry away from direct sunlight or direct heat.
- Do not use a clothes dryer repeatedly over time, as it will affect the elasticity of the garment due to the heat.
- If you must use a machine to dry, use a low heat setting and remove the clothing while slightly damp and finish the drying process with air-drying.
- Store your performance wear away from heat and natural light. It may fade over time if exposed to natural light in storage.



Refunds and Exchanges

Refunds and exchanges are available on all Performance Wear items with the following conditions:

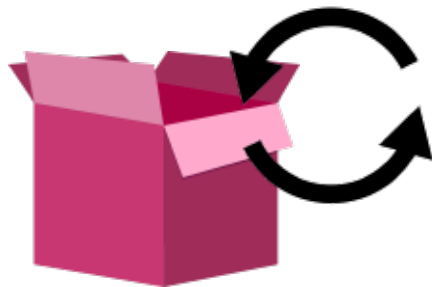
EXCHANGES

- For change-of-mind purchases or if you are unhappy with the colour, size or style of an item you received, you can return your items and receive a store credit which you can use to purchase equivalent value items that are available for sale in our online store.
- We cannot guarantee supply of any particular stock item. Stock is available until sold out.
- All goods returned must be unworn, undamaged, unused and free from wear, stains, odours or any condition that would prevent the item from being sold as new. This includes marks on the inner lining.
- All goods must be in their original packaging and have tags attached.
- If your return is soiled with makeup, tan or marked in any way, has the tag removed or has any stains or odours, it will not be accepted for return.

We suggest trying on your items when you are free from tan, makeup and sweat.

REFUNDS

- Refunds are only available if your items are faulty or damaged upon receipt.
- You must contact us with 7 days of receiving your goods for an exchange and within 48hrs for a refund.



Please see our shipping and returns page [here](#) for all exchange and refund terms and conditions or go to physieshop.com/pages/shipping-and-returns

Our Colours

- We do our best to ensure that the colours are represented as true to colour as possible. However, due to inconsistencies of various monitors, devices, and lighting sources, colours may vary.
- Our garments are hand dyed which means the dye lot could vary slightly with each production. We can only guarantee a 98% colour match with each release.

Colour	Leggings	Demi	Attitude	Grande	Leotard	Crop	Long Sleeve Demi
Aqua	x	x	x	x	x	x	
Berry	x	x	x	x	x	x	
Black	x	x	x	x	x	x	
Buttercup	x	x	x	x	x	x	
Cherry	x	x	x	x	x	x	
Coral	x	x	x	x	x	x	
Hot Pink	x	x	x	x	x	x	
Lilac	x	x	x	x	x	x	
Lime	x	x	x	x	x	x	
Mint	x	x	x	x	x	x	
Navy	x	x	x	x	x	x	
Orange	x	x	x	x	x	x	
Pale Pink	x	x	x	x	x	x	
Purple	x	x	x	x	x	x	
Rainforest	x	x	x	x	x	x	
Ruby	x	x	x	x	x	x	
Sapphire Blue	x	x	x	x	x	x	
White	x	x	x	x	x	x	
Yellow	x	x	x	x	x	x	
Arctic	x	x	x				
Candy	x	x	x		x		
Colour Bomb	x	x	x				
Jungle	x	x	x				
Mandala	x	x	x				
Ocean	x	x	x		x		
Red Diamante		x					x
Shimmer		x					x
Sleek		x					x
Sunset	x	x	x		x		

