# A GUIDE TO DESIGNING YOUR DREAM COMPETITION SUIT

WELLDESS FIGURE PHYSIQUE



### **DESIGN GUIDE**

TABLE OF CONTENTS

# 05

#### COVERAGES

Top styles, front coverages, and bottom coverage options all explained for all three divisions: bikini, wellness, and figure.

# 17

#### CONNECTORS

High-quality and durable connectors for you to choose to accessories your competition suit. We provide top, middle, bottom, and an optional back connector.

# 23

#### SIZING & MEASUREMENTS

Recommended top sizes for different top styles and bra sizes explained. We will provide details on how to measure for your competition suit.

# 28

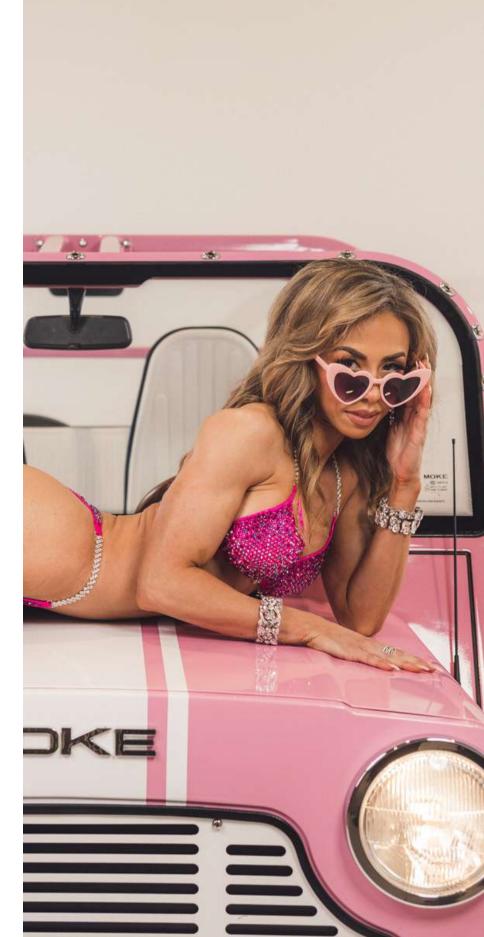
#### SUIT DESIGNS

Different suit designs and color combinations explained. From how the crystals are set, to recommendations on designs based on preference.

#### **34** ATHLETE LOOK BOOK

Our athletes consists of beautiful ladies in different color, shape, and sizes. This will show every customization and color each athlete chose for their suits.

TOXIC ANGELZ ISSUE NO. 3 January 2024





# top styles.



REGULAR

Our standard triangle is the most popular. Recommended for 32A to 32D natural bust, or up to 32DD with implants. We recommend sizing up 1-2 sizes if you want a fuller look.



### **MODERATE SLIM**

The length of the top is slightly longer. Recommended for ladies with moderate or large bust from 32D-34DD.



LONG SLIM

Our longest length top. Recommended for ladies with extra large implants 34DD+ or a longer clavicle area to give a more proportionate look.



### **MOLDED TOP (+\$150)**

Allows more support with a molded top (similar to a bra, but without underwire). Creates a fuller look for all breasts. If you have larger natural breasts, we highly recommend this as it will keep the breasts all in one place.



# BRA TOP (+\$150)

Bra top style usually made for the wellness division. Only recommend for ladies who have some breast tissue or implants to fill out the bra top. Top needs to be measured to the exact bra size for the perfect fit.

# TOP STYLES

**IFBB PRO** Jordan Fisher is 5'4" with 34B natural breasts. She has always included heavy bra pads and pillow stuffing to create a fuller look on her upper body.

 The Regular top is our standard top style that works the best if you want a fuller look on your chest by sizing up 1-2 sizes.

The Molded top is molded in a specific shape to provide more support and a fuller top coverage.
The Moderate is the same shape as the Molded, but there is less support (like the Regular). It's longer in length and best recommend for ladies with large implants that project forward more







# front type.

\*Please keep in mind that this is a general guideline. Every body is different and may require different coverages based on your height, torso length, pelvic length, and preference.



TRADITIONAL

The OG- the suit bottom line goes across with little to no curve. This is the traditional bikini front type and is still the most popular to date.



#### WELLNESS CONNECTORS

V-shaped front, which creates an elongated torso and small waist look. This front coverage is a bit more narrow to accommodate for the extreme high hip placement of wellness competitors.



### **BIKINI SCOOP**

Subtle scoop at the suit bottom line, creating a curve to elongate the torso and small waist, without a deep V shape. The width of the front coverage is similar to the Traditional Bikini, but slight scoop.



### WELLNESS FABRIC

Same V-shaped front type, but instead of connectors for where it sits on the hips, this bottom is made with fabric.

# front coverages.

\*Please keep in mind that this is a general guideline. Every body is different and may require different coverages based on your height, torso length, pelvic length, and preference.

# REGULAR

Front crotch depth is 7". Typically recommend for ladies under 5'0" with a shorter torso.

# HIGH FRONT

Front crotch depth is 7.5". Recommended for ladies between 5'1" and 5'4" or with a longer torso.

# EXTRA HIGH

Front crotch dept is 7.88". Recommended for ladies with C-section scars, over 5'4", and/or long torso.



Front crotch depth is 8.25". Recommended for ladies over 5'8".



#### EXTRA HIGH PLUS 1

Front crotch depth is 8.88". Recommended for ladies over 5'11" with an extremely long torso.

#### HIGHER CUSTOM COVERAGES AVAILABLE UPON REQUEST

\*All of our front coverages are already made with high hip as the standard.

# HOLO INDIGO

Product SKU: TFS-116 Design: Toxic Full Scatter Fabric: Holo Indigo Crystals:



Light Sapphire Sapphire Sapphire AB Capri Blue Tanzanite

#### **MODEL INFORMATION**

Lauralie Chapados was the 2021 Ms. Bikini Olympia Runner Up. Through the 2021 season, she rocked this beautiful Holo Indigo suit every win.

Lauralie is 5'7" with bra size 34C. Her suit options include a XXL **Regular** style top, a **Traditional** front type and **Extra High Plus 1** front coverage.



# bikini/wellness bottoms.

\*Please keep in mind that this is a general guideline. Every body is different and may require different coverages based on your height, fullness of your glutes, federation requirements, and preferences.



**X-MICRO** Our smallest coverage for this division. Only recommended for IFBB pros, petite athletes with a smaller glute frame.



Usually recommended for ladies with a petite frame, about 5'2" and under. Most popular for the NPC federation.



Our standard coverage that is widely accepted by the NPC, INBA, NFF, and OCB federation.



### BRAZILIAN

30% coverage. Recommended for ladies with fuller glutes for more coverage. Recommended for NANBF, WNBF & IDFA.



### **MID-COVERAGE**

50% coverage. Recommended for GBO federation.

# **BOTTOM COVERAGES**

#### 1

Alexandria Ross is a 5'3" Olympian/IFBB Bikini Pro, who's always worn X-Micro bottom coverage due to her petite frame. Pictured is her in the **X-Micro** bottom coverage.

#### 2

Gabriella Mohamed is a 5'4" Olympian/IFBB Bikini Pro, who usually wears **X-Micro** for the stage. In this example, she is wearing a **Micro** bottom coverage, which is a bit more coverage than she usually has.

#### 3

Karen Yuen is a 5'4" Olympian/IFBB Bikini Pro. She usually wear's **X-Micro** for the stage, but in this example, she's wearing **Pro** bottom coverage.



1





# wellness coverages.

Wellness competitors have the choice of choosing the bottoms with or without connectors at no extra charge. Keep in mind that if you chose to have connectors, we cannot change to fabric only, vice versa. Switching coverages will require an entirely new bottom.

### CONNECTORS

Choose any connectors for your bottom and we can match your top connector. Bottoms can be easily adjusted with extra fabric.

### FABRIC

Similar to figure bottoms without hooks. Little to no room for adjustment due to fabric being cut exactly to size.

#### FRIDA PAULSEN IFBB WELLNESS PRO SKU: TFS-172

#### BROOKE SCARCELLA IFBB WELLNESS PRO

# figure front.

\*Please keep in mind that this is a general guideline. Every body is different and may require different coverages based on your height, torso length, pelvic length, and preference.



# figure/physique bottoms.



XX-MICRO

Our smallest coverage for this division. Only recommended for petite athletes with a small glute frame.



**X-MICRO** Recommended for petite athletes that want minimal coverage.



**MICRO** One of the most popular coverages that cover enough, but allow room to show off those glutes!



#### PRO

Standard bottom coverage for this division and widely accepted in federations across the board.



MID-COVERAGE 30% coverage.



FULL COVERAGE 50% coverage.

# TOXIC KELLY GREEN

Product SKU: F-099 Design: Figure Bloom Fabric: Toxic Kelly Green Crystals:



Peridot Shimmer Peridot Shamrock Shamrock AB Blue Zircon Emerald

#### **MODEL INFORMATION**

IFBB Figure Pro, Gabriela Consolmagno, wore this vibrant green to her 1st Olympia appearance in 2023.

Gabi is 5'3" with bra size 34C. Her suit options include a XL **Regular** style top, **Regular** front coverage, **X-Micro** bottom coverage, and clear straps that crisscross her back.



# bottom stone covererage.

\*This is a personal preference add-on. We do recommend upgrading to Full Bling if your suit fabric base is Tricot or Velvet for the best result. If your figure/physique suit is fully stoned, we recommend doing Full Bling for the best results.



# **STANDARD BLING**

All competition suits ordered will come with this standard bottom bling option.



# FULL BLING (+\$90)

Add some extra bling by fully bedazzling out your suit bottoms for an additional \$90.

\*Figure/Physique Full Bling is \$100 due to the amount of coverage and detail.

# connectors.

# top & bottom.

Bottom connectors are an option for bikini and wellness suits. If you chose wellness with connectors, you are able to select a bottom connector. We will always match your top and bottom connectors.

[]#####################	BC1	()aassessesterreereereereereereereereereereereereer	BC16
annan seas ann ann ann ann ann ann ann ann ann a	BC8 (+\$20)		BC16 AB
	BC9	()\$222222222222222	BC18
	BC10		BC19
	BC12		BC19 AB
apcosessonocaesessassas	BC13		BC20
	BC14		
<u> </u>	BC14 G		
(1)====================================	BC14 AB		

# middle.

Middle connectors are the hardware that goes between your two triangle top. It's attached by a string that goes through your tops. Middle connector can be sewn in place or weaved through without sewing.

	MC1		MC10
	MC4	(*********	MC11
0	MC5	(\$\$\$\$,\$\$\$\$)	MC11 G
	MC5 AB		MC12
0/10	MC5 G		MC12 AB
	MC6		MC12 G
	MC6 AB		MC14
	MC6 G		MC15
	MC7		MC17
	MC7 AB		MC18
	MC8		MC19

### CONNECTORS

#### 1

Gabi Mohamed is wearing suit SKU: TFS-155 with MC-11 and BC-14 connectors.

#### 2

Jordan Fisher is wearing suit SKU: TFS-071 with MC-7 and BC-16 connectors.

#### 3

Sierra Swann is wearing suit SKU: TFS-012 with MC-7 and BC-1 connectors.







# back connectors.

All competition suits come with standard ties. Back connectors are an add-on option for an extra fee depending on what is selected. It's measured to your under bust measurement, which doesn't change much once you get lean.

ପ୍ରିବେଶକେଟେବେବବେବେବବେବେବବେବେବେବେବେବେବେବେବେବେବେବ	TA-1 (+\$17)
ල්කමෙමෙමෙමෙමෙමෙමෙමෙමෙමෙමෙමමමමමමමමමමමමමමම	TA-1AB (+\$19)
Baaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa	TA-1G (+\$19)
	TA-2 (+\$27)
	TA-3 (+\$12)
	TA-4 (+\$14)
	TA-6 (+\$19)
	TA-7 (+\$17)
	TA-7AB (+\$19)
(JREADINGING SINGLESSING SINGLESSING)	TA-8 (+\$22)
()))))))))))))))))))))))))))))))))))))	TA-8AB (+\$24)
	TA-10 (+\$17)

# back options.

All competition suits come with the Standard Back Ties (1), but we have add-on back options available if you would like to switch it up.



poserekannan

3

Δ

REAL BOOK BOOK

(+\$ price varies depending on connector selected)

# Back Connector with Ties

(+\$ price varies depending on connector selected)



# sizing & measurements.

# measurements.

#### <u>Under Bust</u>

Measure around your under bust without any padding or bras. Your measuring tape should wrap around your entire under bust.

#### <u>High Hip</u>

Measure where your connectors would sit on your hips, around where it sits on your tailbone, then about 2-3 inches below your belly button. This is the measurement if you were you to roughly outline your suit bottoms.

# top sizing chart.

This is a general guideline. Your top size may be different based on the amount of breast tissue, neckline length, and shape of your breasts.

Top Size	Bra Size	Width	Legnth	
Small	32A~34A	6.38"	6.13"	
Medium	32B~32C	6.5"	6.5"	
Large	34C~32DD	6.63"	7"	
X-Large	34DD	7"	7.38	
XX-Large	34DDD	7.5"	7.5"	

\*Recommended for Small/Medium tops to size up to a Large/X-Large in order to have room for bra pads + pillow stuffing to create that fuller look.

Top Size	Bra Size	Width	Legnth
Small	32A~32C	6.5"	6.63"
Medium	32C~32DD	6.63"	7"
Large	34D	7.13"	7.25"
X-Large	34DD	7.5"	7.25"
XX-Large	36DD	8"	7.5"

Top Size	Bra Size	Width	Legnth
Small	32A~32C	6.38"	7.5"
Medium	34C~34D	6.5"	7.63"
Large	32DD~34DD	7.38"	8"
X-Large	34DDD	7.63"	8.5"
XX-Large	34DDD		

Top Size	Bra Size	Width	Legnth
Small	A~34B	5.63"	7.38"
Medium	32C~32DD	6.13"	7.75"
Large	34D	6.25"	8.25"
X-Large	34DD	6.88"	8.75"









### TOP SIZE

#### 1

Jodie Yuncker is 5'3" with a natural 32A bust. She's wearing a **Regular** top in size **X-Large** with bra pads.

#### 2

Noel Zayour is 4'11" with a natural 32B bust. She's wearing a **Regular** top in size **Large**. She has bra pads + pillow stuffing added inside the top.

#### 3

Noel is pictured again wearing a **Molded** top in size **Small**. There is bra pads + pillow stuffing added in the top. \*Keep in mind that our sizing runs different if you switch to a Molded top.







26



# suit designs.

# fully stoned designs.

# TOXIC ULTIMATE

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$750

The crystals placed in a uniform line horizontally. We use all 16ss crystals to create an overall uniformed look. We recommend selecting up to 5 crystal colors max for the best result.

Product SKU: TU-092

# **TOXIC FULL SCATTER**

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$750

This design that has two different sized crystals (16ss and 20ss) randomly scattered on the suit for a dimensional effect. We recommend selecting 1–5 different crystal colors for the best result.

Product SKU: TFS-215

29

# fully stoned designs.

### **TOXIC DELUXE**

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$760

The crystals in this design are placed in a uniform line vertically. This design is best with 1–3 different color crystals.

Product SKU: TD-003

### **ULTIMATE BURST**

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$760

This design is inspired by a bursting effect created by at least 3, no more than 5 different color crystals with a light, medium, and dark tone. The crystals start in the center and then moving outward, it's placed in a uniform line. This creates a glowing/bursting effect starting from the center of the suit top to the outer parts.

Product SKU: TUB-032

# fully stoned designs.

### **TOXIC BURST**

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$750

This design is inspired by a bursting effect created by at least 3 different color crystals. The design starts with crystals randomly scattered in the center of the suit and moving outward, the crystals are set in a uniform line. This creates a glowing or bursting effect

from the inner to outer suit.

Product SKU: TBT-014

### **TOXIC OMBRE**

#### Bikini/Wellness starts at \$650 Figure/Physique starts at \$750

The Ombre is made with all 16ss crystals, uniformly or scattered placed in an ombre effect from light to dark (top to bottom). We recommend selecting 2-5 crystal colors for the best ombre effect.

Product SKU: TO-004

31

# toxic pro.

# TOXIC PRO 3

#### Bikini/Wellness starts at \$590 Figure/Physique starts at \$620

The Pro III design is a heavily-stoned design with some spaces in between. We use place the crystals in a uniform line horizontally and use all 16ss crystals to create an overall uniformed look. We recommend selecting up to 4 crystal colors max for the best result.

Product SKU: TP3-011

# TOXIC PRO 2

#### Bikini/Wellness starts at \$460 Figure/Physique starts at \$520

Moderately-stoned in a uniform lined horizontally using the same size crystals. \*Select up to 3 crystal colors for best results.

Product SKU: TP2-002

# **TOXIC PRO 1**

#### Bikini/Wellness starts at \$360 Figure/Physique starts at \$420

Lightly-stoned in a uniform line horizontally. \*Select up to 3 crystal colors for best results.

Product SKU: TP1-001

# toxic scatter.



# HEAVY SCATTER

#### Bikini/Wellness starts at \$450 Figure/Physique starts at \$600

Heavily-stoned design that has two different sized crystals (16ss and 20ss) randomly scattered on the suit for a dimensional effect. We recommend selecting a maximum of 4 different crystal colors for the best result.

Product SKU: THS-004

# **MEDIUM SCATTER**

#### Bikini/Wellness starts at \$410 Figure/Physique starts at \$500

Moderately-stoned design that has two different sized crystals (16ss and 20ss) randomly scattered on the suit. We recommend selecting a maximum of 3 different crystal colors for the best result.

Product SKU: TMS-004





### LIGHT SCATTER

#### Bikini/Wellness starts at \$350 Figure/Physique starts at \$400

Lightly scattered with two different sized crystals (16ss and 20ss). \*Maximum 3 crystal colors for best results.

Product SKU: TLS-002

# athlete ook book.

# TARA GRIER

#### **MODEL INFO**

Height: 5'2" Bra size: 34B

#### SUIT DETAILS

Product SKU: TFS-217 Design: Toxic Full Scatter Fabric: Tricot Mint Crystals: 20% Violet, Capri AB, Blue Zircon, Blue Zircon Shimmer

#### SUIT CUSTOMIZATIONS

Top size: Small Top style: Molded Front type: Bikini Scoop Front coverage: Regular Bottom coverage: X-Micro







### JORDAN BRANNON

#### **MODEL INFO**

Height: 5'3" Bra size: 32C

#### SUIT DETAILS

Product SKU: TU-033 Design: Toxic Ultimate Fabric: Tricot Aquamarine Crystals: 10% Blue Zircon Shimmer, Blue Zircon, Capri, Violet

#### SUIT CUSTOMIZATIONS

Top size: Medium Top style: Molded Front type: Wellness Connectors Front coverage: Regular Bottom coverage: X-Micro







## MAYA ASTABIE

#### **MODEL INFO**

Height: 5'2.5" Bra size: 32DDD

### SUIT DETAILS

Product SKU: TFS-175 Design: Toxic Full Scatter Fabric: Twinkle Hunter Crystals: 20% AB, Blue Zircon, Emerald, Emerald AB

## SUIT CUSTOMIZATIONS

Top size: Large Top style: Moderate Front type: Traditional Front coverage: Regular Bottom coverage: Micro







## AIMEE DELGADO

#### **MODEL INFO**

Height: 5'2" Bra size: 32C

### SUIT DETAILS

Product SKU: TFS-212 Design: Toxic Full Scatter Fabric: Velvet Bright Red Crystals: 10% Dark Red, 10% Fuchsia Shimmer, Red

## SUIT CUSTOMIZATIONS

Top size: Large Top style: Regular Front type: Wellness Connectors Front coverage: Extra High Bottom coverage: X-Micro





## **JENNIFER DORIE**

#### **MODEL INFO**

Height: 5'4.5" Bra size: 32DD

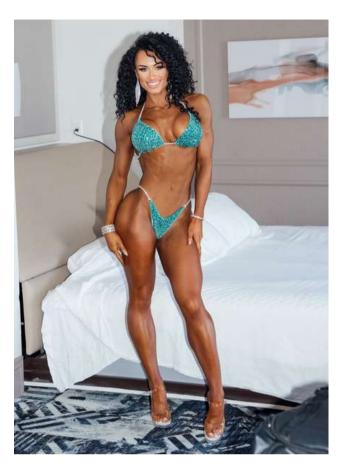
## SUIT DETAILS

Product SKU: TFS-215 Design: Toxic Full Scatter Fabric: Velvet Teal Crystals: Aqua, Blue Zircon, Emerald, Emerald AB, Peridot, Shamrock

## SUIT CUSTOMIZATIONS

Top size: Medium Top style: Molded Front type: Traditional Front coverage: Extra High Plus 1 Bottom coverage: Micro







## JESSICA WILSON

#### **MODEL INFO**

Height: 5'2" Bra size: 32D

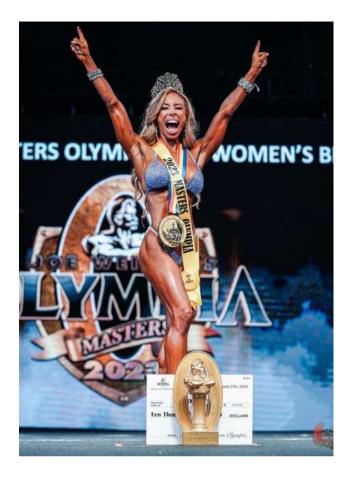
### SUIT DETAILS

Product SKU: TFS-180 Design: Toxic Full Scatter Fabric: Tricot Iris Crystals: AB, Iris, Light Sapphire, Light Sapphire Shimmer, Violet

## SUIT CUSTOMIZATIONS

Top size: Large Top style: Regular Front type: Wellness Connectors Front coverage: High Bottom coverage: X-Micro







# LAURA MOORE-SHAY

### **MODEL INFO**

Height: 6'0" Bra size: 34D

## SUIT DETAILS

Product SKU: TU-011 Design: Toxic Ultimate Fabric: Holo Royal Crystals: 20% Capri AB, Capri, Sapphire

## SUIT CUSTOMIZATIONS

Top size: Large Top style: Molded Front type: Bikini Scoop Front coverage: Extra High Plus 2.5 Bottom coverage: Micro







## MARISSA ANDREOU

### **MODEL INFO**

Height: 5'2" Bra size: 34C

### SUIT DETAILS

Product SKU: TFS-017 Design: Toxic Full Scatter Fabric: Tricot Periwinkle Crystals: Capri, Light Sapphire Shimmer, Sapphire AB

## SUIT CUSTOMIZATIONS

Top size: Medium Top style: Molded Front type: Wellness Connectors Front coverage: High Bottom coverage: X-Micro







## FRIDA PAULSEN

#### **MODEL INFO**

Height: 5'6.5" Bra size: 34DD

## SUIT DETAILS

Product SKU: TFS-172 Design: Toxic Full Scatter Fabric: Tricot Iris Crystals: Iris, Light Sapphire Shimmer, Purple, Sapphire, Violet

## SUIT CUSTOMIZATIONS

Top size: X-Large Top style: Moderate Front type: Wellness Connectors Front coverage: Extra High Plus 1 Bottom coverage: X-Micro







# RHEA GAYLE

#### **MODEL INFO**

Height: 5'3" Bra size: 34B

## SUIT DETAILS

Product SKU: F-096 Design: Toxic Full Scatter Fabric: Holo Royal Crystals: Capri, Blue Zircon Shimmer, Light Sapphire, Light Sapphire Shimmer, Rose

## SUIT CUSTOMIZATIONS

Top size: Small Top style: Regular Front type: Figure Front coverage: Regular Bottom coverage: Micro







## MALU DUARTE

#### **MODEL INFO**

Height: 5'4" Bra size: 34C

### SUIT DETAILS

Product SKU: TFS-179 Design: Toxic Full Scatter Fabric: Tricot Plum Crystals: 20% AB, Purple, Purple

## SUIT CUSTOMIZATIONS

Top size: Large Top style: Moderate Front type: Wellness Connectors Front coverage: High Bottom coverage: X-Micro







# **ELISA PECINI**

### **MODEL INFO**

Height: 5'6" Bra size: 32D

## SUIT DETAILS

Product SKU: TFS-190 Design: Toxic Full Scatter Fabric: Holo Fuchsia Crystals: Capri, Capri AB, Fuchsia, Fuchsia Shimmer, Purple

## SUIT CUSTOMIZATIONS

Top size: Medium Top style: Molded Front type: Traditional Front coverage: High Bottom coverage: X-Micro







## **BROOKE WALKER**

#### **MODEL INFO**

Height: 5'2" Bra size: 32B

#### SUIT DETAILS

Product SKU: F-006 Design: Figure Mosaic Fabric: Toxic Black Crystals: White Opal, Jet, Iris, Emerald AB, Blue Zircon, Sapphire AB

## SUIT CUSTOMIZATIONS

Top size: Small Top style: Molded Front type: Figure Front coverage: High Bottom coverage: Micro









