

MUSCLENATION

SHAPE UP
SEAMLESS

COLLECTION

THURS 25 FEB – 8AM AEST / 9AM AEDT

WANT TO WIN?

ANY OUTFIT FROM THE NEW SHAPE UP

SEAMLESS COLLECTION

SIMPLY BROWSE THIS LOOKBOOK & SCREENSHOT
THE ITEMS YOU WOULD LIKE TO WIN.

ON YOUR INSTAGRAM STORIES, POST YOUR SCREENSHOTS AND
TAG @MUSCLENATION SO WE CAN SEE EACH ENTRY.

EACH ENTRY SHOULD HAVE ONE ITEM/OUTFIT.
MULTIPLE ENTRIES ARE ALLOWED.

WINNERS ANNOUNCED WED 24TH FEB ON OUR
INSTAGRAM @MUSCLENATION.

TEN WINNERS >> WIN ONE OUTFIT EACH



BROWSE



SCREENSHOT



STORIES + TAG
@MUSCLENATION



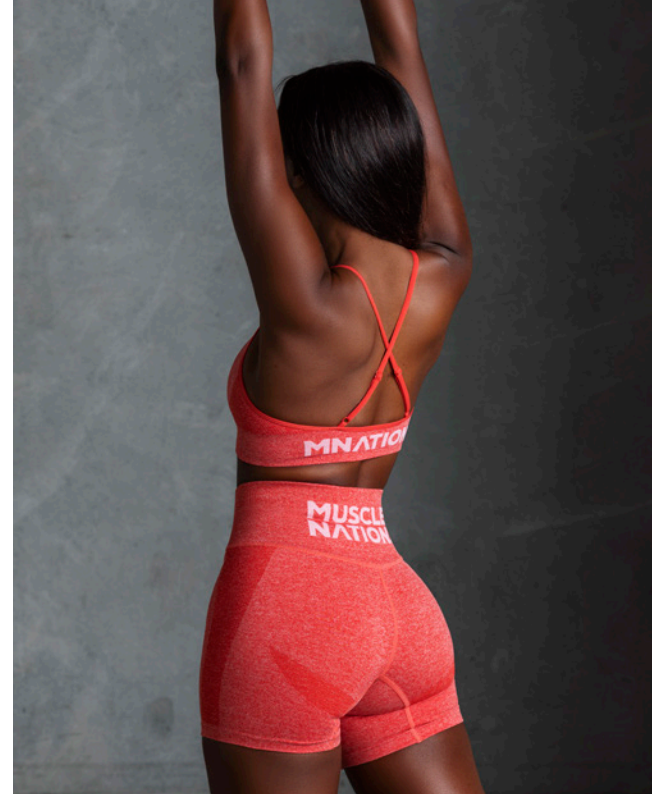


***WANT TO BE NOTIFIED WHEN
THE COLLECTION IS LIVE?***

CLICK HERE

A woman with long dark hair is posing in a red sports bra and leggings against a grey wall. She is looking to her right with a slight smile. The lighting is dramatic, highlighting her physique.

ALL DAY
STRAP
SEAMLESS
BRA



ALL DAY STRAP SEAMLESS BRA

Stop searching - you've found your comfort piece this season.

Flattering contrast panelling contours your bust and back. Details include a scoop neckline and adjustable, crossover straps for a customised fit. Finished with bold MNATION branding on the back waistband.

AVAILABLE IN 4 COLOURS





COMFORT
SEAMLESS
BRA



COMFORT SEAMLESS BRA

What more could you ask for in a sports bra?

Thick straps support your bust over your shoulders, while the racer back design flatters your silhouette. Providing an ultimate level of bust-support, nothing will get in the way of your training goals.

Completed with statement MNATION branding on the back waistband.

AVAILABLE IN 4 COLOURS



**COMFORT
SEAMLESS
TANK**

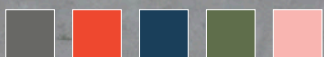


COMFORT SEAMLESS TANK

Re-energise in a compressive, longline tank that will hug your body and maximise your workouts.

Moisture-wicking and quick-drying fabric will draw sweat away from the body. A racer back design allows you to move freely.

AVAILABLE IN 5 COLOURS



CLASSIC
SEAMLESS
TEE

CLASSIC SEAMLESS TEE

A cropped tee to complete your seamless set.

Contrast panelling flatters your silhouette, while a wide ribbed waistband contours and supports your waist.

Branded with a bold MNATION contrast logo on the back waistband.

AVAILABLE IN 5 COLOURS



***SHAPE UP
SEAMLESS
FULL LENGTH
LEGGINGS***





SHAPE UP SEAMLESS FULL LENGTH LEGGINGS

All-day wear, while still feeling supported.

Flattering contrast panels accentuate your legs, and shape your physique. A high, ribbed waistband supports you through every workout. Finished with statement Muscle Nation branding on the back waistband.

AVAILABLE IN 4 COLOURS



*SHAPE UP
SEAMLESS
7/8 LEGGINGS*





SHAPE UP SEAMLESS 7/8 LEGGINGS

Shape-up in a pair of 7/8 leggings promising comfort and compressive support.

Flattering contrast panels accentuate your legs, and shape your physique. Added contrast panelling under the booty provides that little extra support where you need it.

AVAILABLE IN 4 COLOURS



**SHAPE UP
SEAMLESS
BIKE
SHORTS**



SHAPE UP SEAMLESS BIKE SHORT

A style all about comfort and compressive support.

Moisture-wicking and quick-drying fabric will draw sweat away from the body while training. Contour panelling under the booty accentuates your curves.

Finished with bold Muscle Nation contrast branding on the back waistband.

AVAILABLE IN 4 COLOURS





***MEN'S
SEAMLESS
TANK***



MEN'S SEAMLESS TANK

Train in confidence - as well as comfort.

Contrast panelling seamlessly contours your chest, core and back. A muscle-back design offers a liberated range of movement.

Branded with a Muscle Nation reflective heat press logo on the chest.

****Launching Mid March 2021***

AVAILABLE IN 4 COLOURS



**MEN'S
SEAMLESS
SHORT
SLEEVE TEE**





MEN'S SEAMLESS SHORT SLEEVE TEE

Train hard, or just relax, in a tee focused on providing comfort and support when you need it most.

Contrast panelling contours your physique, and moisture-wicking fabric helps draw sweat away from the body.

***Launching Mid March 2021**

AVAILABLE IN 4 COLOURS



MODEL SIZING

WOMEN'S SPORTS BRAS

WOMEN'S SPORTS BRA SIZING CHART							
SIZE		XS	SMALL	MEDIUM	LARGE	XL	2XL
Upper Bust	CM INCH	83 33.2	88 35.2	93 37.2	98 39.2	103 41.2	107 42
Bust	CM INCH	84 33.6	89 35.6	94 37.6	99 39.6	104 41.6	108 42.5
Under Bust	CM INCH	71.5 28.6	76.5 30.6	81.5 32.6	86.5 34.6	91.5 36.6	95 37.5

WOMEN'S BOTTOMS

WOMEN'S LEGGINGS SIZING CHART								
SIZE		XXS	XS	SMALL	MEDIUM	LARGE	XL	2XL
Waist	CM INCH	57-64 25	64-69 26	69-74 28	74-79 30	79-84 31	84-89 34	89-94 40
Hips	CM INCH	89-94 35	94-99 36	99-104 41	104-109 43	109-114 45	114-119 47	119-124 50
AU/UK/NZ		2-4	6-8	8-10	10-12	12-14	14-16	16-18
US/CA		0-2	2-4	4-6	6-8	8-10	10-12	12-14



How to measure for bra:

BUST - measure the full circumference at the fullest point of the bust

UNDER BUST - measure the full circumference under your bust

UPPER BUST - measure the full circumference above your bust



How to measure for bottoms:

HIPS - Measure the full circumference at the widest point of the hips

WAIST - Measure the full circumference at the narrowest point of the waist

INSEAM - Measure the full length of the inner leg from the crotch to ankle

MODEL SIZING



AUDREY KANO

Bra XS
Bottoms XS
Height 173cm
Bust 79cm
Waist 58cm
Hips 75cm



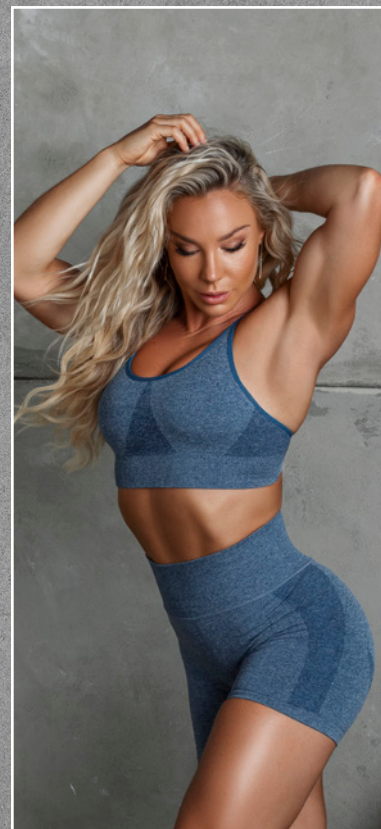
EMILY HEARN

Bra M
Bottoms S
Height 166cm
Bust 88cm
Waist 71cm
Hips 81cm



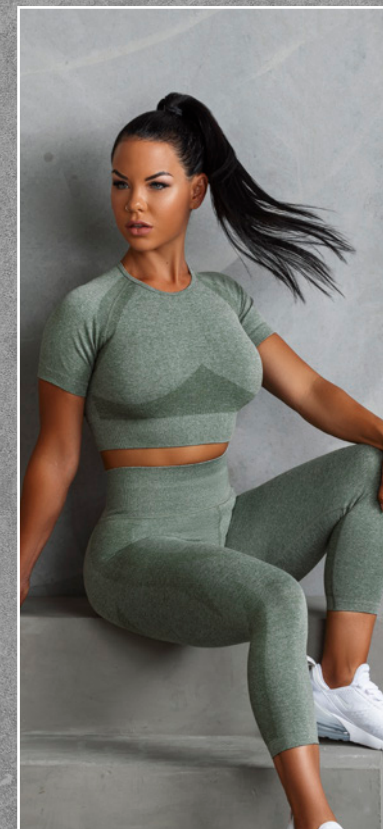
CHRISTINA MAIMONE

Bra XL
Bottoms XL
Height 171cm
Bust 104cm
Waist 90cm
Hips 111cm



HATTIE BOYDLE

Bra S
Bottoms XS
Height 161cm
Bust 80cm
Waist 67.3cm
Hips 95.25cm



DEMI JEFFERYS

Bra S
Bottoms XS
Height 159cm
Bust 86cm
Waist 65cm
Hips 86cm



MUSCLEMATION

SUPPLEMENTS

BROWSE AND SHOP THE
COLLECTION ONLINE



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