



MUSCLENATION

BOOTCAMP

TUES 30 MAR – 6PM AEST / 7PM AEDT

BOOTCAMP COLLECTION

LAUNCH DATE
TUES 30 MAR
6PM AEST / 7PM AEDT

Brisbane AEST - 6pm

Sydney/Melbourne AEDT - 7pm

Adelaide ACDT - 6.30pm

Perth AWST - 4pm

Auckland NZDT - 9pm

New York EST - 4am

London BST - 9am

Los Angeles PST - 1am



WANT TO WIN?

ANY OUTFIT FROM THE NEW BOOTCAMP 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 MON 29TH MAR ON OUR
INSTAGRAM @MUSCLENATION.

FIVE WINNERS >> WIN ONE OUTFIT EACH



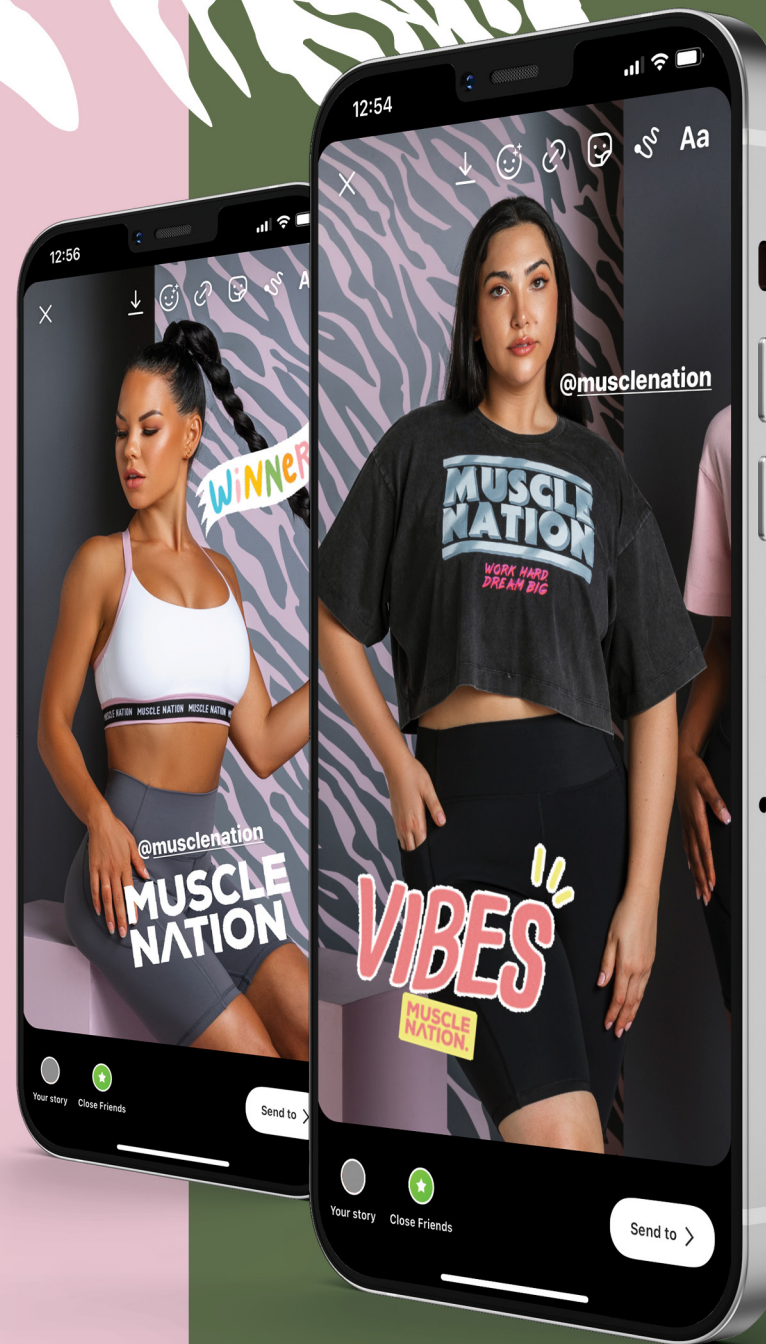
BROWSE



SCREENSHOT



STORIES + TAG
@MUSCLENATION





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

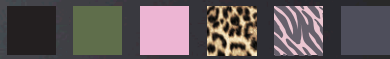
CLICK HERE

TEMPO BRA

Keep up with your training tempo.

A sports bra offering ultimate bust support. Details include an enclosed elasticated waistband for extra support, and a subtle v-neckline. Completed with statement Muscle Nation branding on the straps.

AVAILABLE IN 6 COLOURS

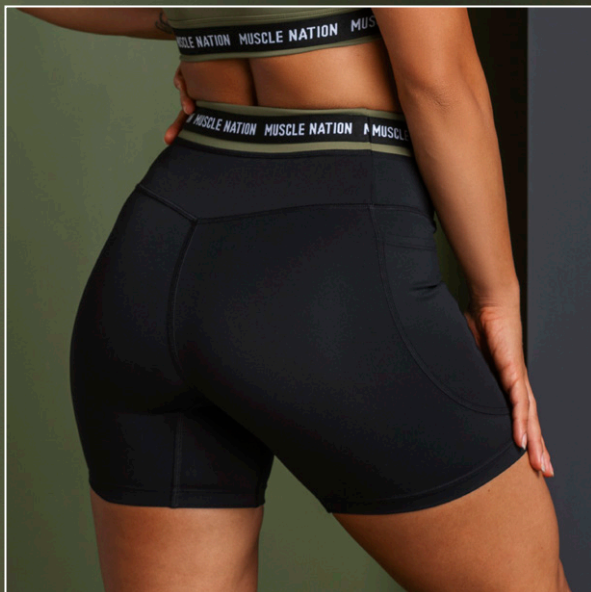


SUPERSET BRA

Adjustable straps allow this style to be customised to your desired fit. Details include a sophisticated scoop neckline and statement Muscle Nation branding on the waistband. Designed for maximum support.

AVAILABLE IN 5 COLOURS



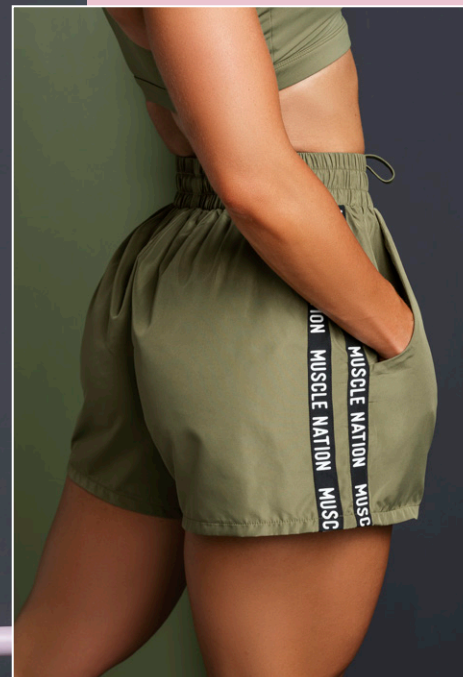


SUPERSET BIKE SHORTS

Side pockets will hold your phone and other essentials, so you can strictly focus on your training. An elasticated, high waistband will also support and taper your waist. Finished with statement Muscle Nation branding on the waistband.

AVAILABLE IN 2 COLOURS





TEMPO TRAINING SHORTS

Whether it's a walk, run or weight session - you'll never miss a beat in these high-rise training shorts.

Features include a drawcord elasticated waistband and side pockets. Branded with Muscle Nation logo tape on the sides.

AVAILABLE IN 4 COLOURS



REST DAY TANK & SHORTS

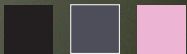
This cropped tank will transition you from rest days to gym days. Features include a crew neckline and subtle drop arms for comfort. Branded with a tonal Muscle Nation embroidered logo on the front.

Complete your rest day set with these high waisted shorts. Details include side pockets, and a rear patch pocket with embroidered logo detailing.

Both styles are finished in an acid wash for a vintage look.

Sold separately.

AVAILABLE IN 3 COLOURS



**HIGH WAISTED
REST DAY
SHORTS**



**CROPPED
REST DAY
TANK**

SUPERSET TEE

Get set for your superset.

A cropped, oversized tee for working out - or chilling out. Features include a crew neckline and Muscle Nation logo tape on the sleeves.

AVAILABLE IN 4 COLOURS



TEMPO TANK

A lightweight and breathable tank to get you through any training session. Features include an elastic t-back, with statement Muscle Nation branding. Finished with our MNATION metal logo badge on the front hem.

AVAILABLE IN 4 COLOURS





CROPPED VINTAGE TEE

Tees taking your gym outfits to the next level.

Featuring Muscle Nation branded retro artwork on the front, and drop shoulders for comfort. Finished in a fashion-forward, distressed acid wash. Match it up with your favourite sports bra, bike shorts and statement sneakers.

AVAILABLE IN 2 PRINTS

RUN FASTER ZIP JACKET

A jacket featuring a funnel neck and contouring side panels to accentuate your silhouette. Details include a custom Muscle Nation zipper, invisible zip pockets and thumbholes for comfort. Moisture-wicking and quick-drying fabric will keep you warm, dry and comfortable wherever you go.

AVAILABLE IN 3 COLOURS



MOTION POCKET BOTTOMS

Available in 3 lengths

You'll love the side leg pockets for holding your phone and essentials while you train. A high, foldover waistband also provides you with gentle core support. Built with our Motion Fabric Technology, and branded with our reflective MN heat press logo on the back waistband.

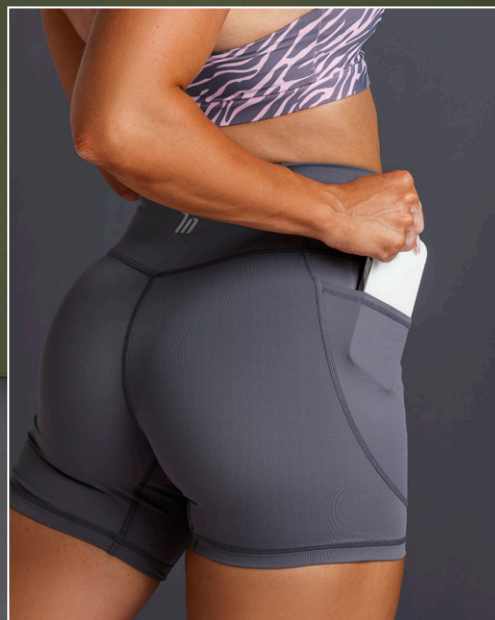
AVAILABLE IN 4 COLOURS



REFEREE ▶

◀ ANKLE
LENGTH

◀ BIKE
SHORTS





MEN'S OVERSIZED VINTAGE TEE

Oversized tees, taking you back in time.

Featuring Muscle Nation branded 80's retro artwork on the front. Details include a crew neck, drop shoulders and added distressed acid wash - for that vintage feel.

AVAILABLE IN 2 PRINTS

MEN'S RUNNING TEE

Engineered for performance.

A breathable, comfortable and lightweight tee. Moisture-wicking and quick-drying fabric will help draw sweat away from the body while training. Branded with our MN reflective heat press logo on the chest.

AVAILABLE IN 4 COLOURS





MEN'S RUNNING TANK

Push your limits knowing this tank is designed for running, training and tough workouts.

Crafted with a soft and lightweight fabric for optimum comfort. Moisture-wicking and quick-drying fabric will also keep you cool while training. Branded with our reflective MN heat press logo on the chest.

AVAILABLE IN 4 COLOURS



MEN'S SUPERSET TEE

A fitted tee for rest days and gym days. Crafted with soft and breathable fabric for your comfort. Featuring a crew neck and Muscle Nation branded logo tape on the sleeves.

AVAILABLE IN 3 COLOURS



ULTIMATE TAPERED FIT SHORTS

Comfy tapered shorts for everyday wear. Features include an elasticated drawcord waistband and deep side pockets. A rear zip pocket will secure your other essentials. Branded with a high-shine silicone Muscle Nation logo on the left leg.

Made with a soft mid-weight Jersey fabric delivering stretch and comfort.

AVAILABLE IN 6 COLOURS



INNER LAPTOP
COMPARTMENT

REMOVEABLE
CROSSBODY
STRAP

SHAKER
OR BOTTLE
HOLDERS



LUXE GYM BAG

This gym bag is perfect for those on-the-go. Fitted with various inner and outer pockets, this bag is ideal for transporting your everyday essentials. Features include a lined laptop compartment and side holders for storing your shaker or water bottle. Branded with a removable Muscle Nation crossbody strap.

Silver Luxe Gym Bag available from April 5th.

AVAILABLE IN 2 COLOURS



MODEL

FEMALE SIZING GUIDE

WOMEN'S SPORTS BRAS

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

WOMEN'S BOTTOMS

WOMEN'S LEGGINGS SIZING CHART								
SIZE		XXS	XS	SMALL	MEDIUM	LARGE	XL	2XL
Waist	CM	57-64	64-69	69-74	74-79	79-84	84-89	89-94
	INCH	25	26	28	30	31	34	40
Hips	CM	89-94	94-99	99-104	104-109	109-114	114-119	119-124
	INCH	35	36	41	43	45	47	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

FEMALE SIZING GUIDE



AUDREY KANO

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



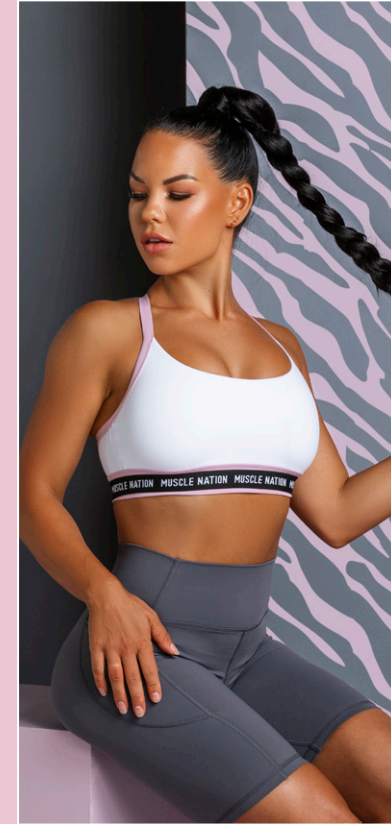
ASHA COULTHARD

Bra S
Bottoms XS
Height 157cm
Bust 94cm
Waist 63cm
Hips 74cm



CHRISTINA MAIMONE

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



DEMI JEFFERYS

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

MODEL

MALE SIZING GUIDE

MEN'S TOPS

MEN'S TOP SIZING CHART							
SIZE		SMALL	MEDIUM	LARGE	XL	2XL	3XL
Chest	CM	100	105	110	115	120	125
	INCH	39	41	43	45	47	49
Waist	CM	79	84	89	94	99	104
	INCH	31	33	35	37	39	40
Hips	CM	90	95	100	105	110	115
	INCH	35	37	39	41	43	45

MEN'S BOTTOMS

MEN'S BOTTOMS SIZING CHART							
SIZE		SMALL	MEDIUM	LARGE	XL	2XL	3XL
Waist	CM	78-82	83-87	88-92	93-97	98-102	104
	INCH	30-32	32-34	34-36	36-38	38-40	40-42
Hips	CM	90	95	100	105	110	115
	INCH	35	37	39	41	43	45



How to measure for men's tops:

- CHEST** - measure the full circumference of the chest 2.5cm below the underarm
- WAIST** - measure the full circumference at the narrowest point of the waist
- HIPS** - measure the full circumference at the widest point of the hips



How to measure for men's 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

MALE SIZING GUIDE



MATT O'REILLY

Shirt 2XL
Shorts 2XL
Height 182cm
Chest 122cm
Waist 97cm
Hips 74cm



JOSEPH ANTHONY

Shirt L
Shorts L
Height 175cm
Chest 111cm
Waist 100cm
Hips 110cm



JOSH PHILLIPS

Shirt L
Shorts L
Height 178cm
Chest 119cm
Waist 78cm
Hips 88cm



ALEIX SERRATOSA

Shirt L
Shorts L
Height 184cm
Chest 107cm
Waist 91cm
Hips 111cm



MUSCLENATION

SUPPLEMENTS

BROWSE AND SHOP THE
COLLECTION ONLINE



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

CLICK HERE

MUSCLENATION