

# CALI Leggings' Guide to Activewear Fabric



**cali**  
LEGGINGS



A woman with long, wavy brown hair is shown from the side, performing a yoga stretch on a dark, textured rug. She is wearing a sleeveless top and leggings with a vibrant, multi-colored floral pattern. The background is a plain, light-colored wall. The overall image has a soft, slightly desaturated aesthetic.

# Synthetic Fabrics

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# POLYESTER

- Breathable
- Lightweight
- Body temperature regulating
- Moisture wicking
- Nonabsorbent
- Warm and insulating when wet
- UV ray repellent
- Stretchy
- Good for all types of activities



# NYLON

- Breathable
- Lightweight
- Nonabsorbent
- Moisture wicking
- Quick drying
- Very stretchy
- Very durable
- Mildew resistant
- Great for outer protective layers or soft and stretchy inner layers



# SPANDEX

- Breathable
- Quick drying
- Body temperature regulating
- Moisture wicking
- Can expand to 600% of its size
- A small amount adds stretch to other fibers
- Great for uninhibited movement



# Natural Fabrics

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# WOOL

- Breathable
- Lightweight
- Insulating
- Body temperature regulating
- Naturally moisture wicking
- Warm and insulating when wet
- Mold and mildew resistant
- Antibacterial
- Does not retain odor
- Perfect for all types of weather



# BAMBOO

- Soft
- Breathable
- Lightweight
- Moisture wicking
- Does not retain odor
- Antibacterial
- UV ray repellent
- Great for when you want the feel of cotton without the absorbency



# COTTON

- Soft
- Breathable
- Lightweight
- Comfortable
- Highly absorbent, not moisture wicking
- Does not retain odor
- Cold when wet
- Suitable for yoga, weight training, and other low-sweat activities



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# CALI Leggings



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