



EQUMEN

YOU AT YOUR BEST



**PRODUCT CATALOGUE 2012**

[WWW.EQUMEN.COM](http://WWW.EQUMEN.COM)

# EQUUMEN™

## YOU AT YOUR BEST

EQUUMEN™ is an Australian owned global company specializing in men's CORE PRECISION™ undergarments. These high performance compression undergarments leverage sport technology, built-in physiotherapy™ and designer insights for use by Everyman, Every day, Every wear™. From street to sport, work to weekend™ EQUUMEN CORE PRECISION™ undergarments help you to be at your best™.

# TESTIMONIALS

"I like the way it makes me feel tall and upright...and I do like the confidence boost of losing 3 inches off my waist."

**David Waters**  
Men's Health UK

"The garments definitely help with postural support as they encourage optimal horizontal extension and retraction of the Scapulae, (upper central key points) giving a Scapulothoracic neutral posture. The value in this for function is to lessen kyphotic stress in the primary curvature which physiologically eases counter-stress in the secondary curvature of the segments. The wearer should therefore be aware of less effort and mechanical stress particularly with prolonged standing or sitting and may, indeed, notice improved ergonomics with upper limb activity."

**Kevin Lidlow Physiotherapist,**  
GB Olympic Team

"I would recommend these to anyone looking for performance underwear. is perfect for working out or every day wear!"

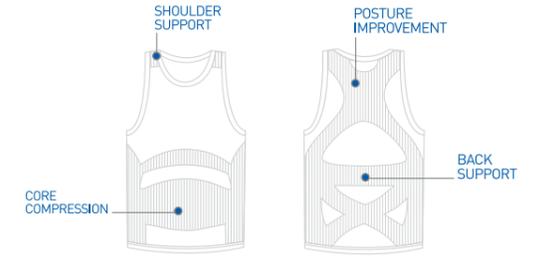
**Tim Goleman**  
CEO Underwear News Briefs

"I am very excited to be involved with EQUUMEN™. The product's support is very unique and comfortable while working out or for casual wear."

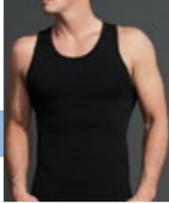
**Josh Bidwell**  
Washington Redskins



# PRODUCT CATALOGUE



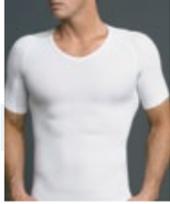
### EQUUMEN™ CORE PRECISION SINGLET

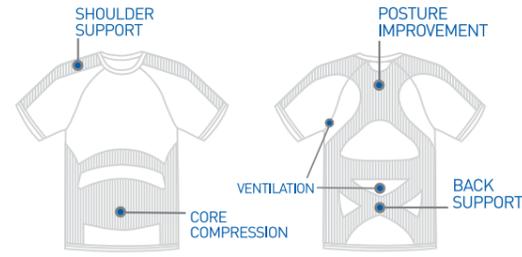
<p>RETAIL \$89.00</p>  <p>EQM0023111 Enhanced Posture Size: S - XXL</p>	<p>RETAIL \$89.00</p>  <p>EQM0023112 Compression Size: S - XXL</p>	<p>RETAIL \$89.00</p>  <p>EQM0023114 Extra Compression Size: S - XXL</p>
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### EQUUMEN™ LIMITED EDITION TWIN PACK - SINGLET

<p>RETAIL \$129.00</p>  <p>EQM0023111 Enhanced Posture Size: S - XXL</p>	<p>RETAIL \$129.00</p>  <p>EQM0023112 Compression Size: S - XXL</p>	<p>RETAIL \$139.00</p>  <p>EQM0023114 Extra Compression Size: S - XXL</p>
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### EQUUMEN™ CORE PRECISION V-NECK T-SHIRT

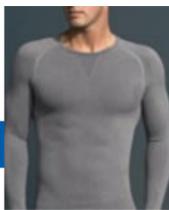
<p>RETAIL \$99.00</p>  <p>EQM0006111 Enhanced Posture Size: S - XL</p>	<p>RETAIL \$99.00</p>  <p>EQM0006112 Compression Size: S - XL</p>	<p>RETAIL \$109.00</p>  <p>EQM0006114 Extra Compression Size: S - XL</p>
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**EQUMEN™ CORE PRECISION CREW T-SHIRT**

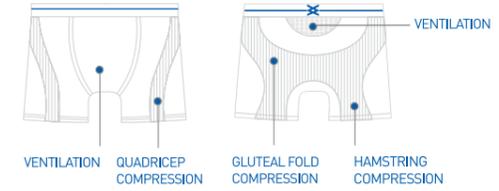
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<p>EQM0022111 Enhanced Posture Size: S - XL</p>	<p>EQM0022112 Compression Size: S - XL</p>	<p>EQM0022115 NEW Slate Color Size: S - XL</p>

**EQUMEN™ CORE PRECISION LONG SLEEVE**

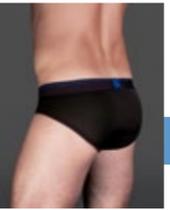
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<p>EQM0005111 Enhanced Posture Size: S - XL</p>	<p>EQM0005112 Compression Size: S - XL</p>	<p>EQM0005114 Extra Compression Size: S - XL</p>

**EQUMEN™ PRECISION SOCK**

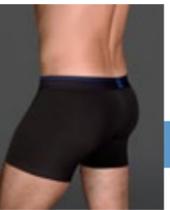
<p>RETAIL \$29.99</p> 	<p>RETAIL \$29.99</p> 
<p>EQM0012112 Compression Size: OS</p>	<p>EQM0012114 Extra Compression Size: OS</p>



**EQUMEN™ PRECISION BRIEF**

<p>RETAIL \$49.00</p> 	<p>RETAIL \$49.00</p> 	<p>RETAIL \$49.00</p> 	<p>RETAIL \$55.00</p> 
<p>EQM0003111 Size: S - XXL</p>	<p>EQM0003112 Size: S - XXL</p>	<p>EQM0003113 Size: S - XXL</p>	<p>EQM0003114 Size: S - XXL</p>

**EQUMEN™ PRECISION TRUNK**

<p>RETAIL \$52.00</p> 	<p>RETAIL \$52.00</p> 	<p>RETAIL \$52.00</p> 	<p>RETAIL \$59.00</p> 
<p>EQM0023111 Size: S - XXL</p>	<p>EQM0023111 Size: S - XXL</p>	<p>EQM0023112 Size: S - XXL</p>	<p>EQM0023114 Size: S - XXL</p>

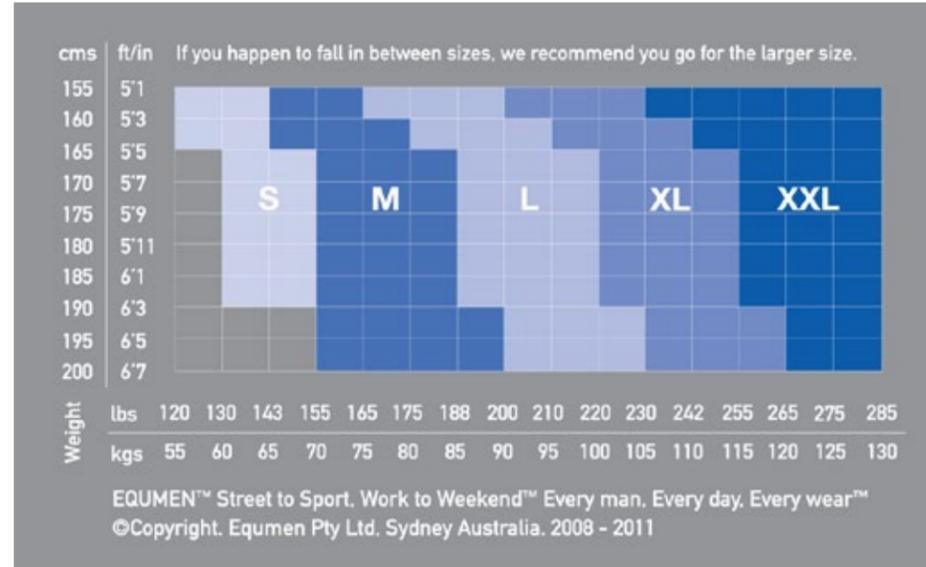
**EQUMEN™ PRECISION LONG TRUNK**

<p>RETAIL \$59.00</p> 	<p>RETAIL \$59.00</p> 	<p>RETAIL \$59.00</p> 	<p>RETAIL \$65.00</p> 
<p>EQM0023111 Size: S - XXL</p>	<p>EQM0006111 Size: S - XXL</p>	<p>EQM0006112 Size: S - XXL</p>	<p>EQM0006114 Size: S - XXL</p>

## TOPS

To determine the best size/fit for your body you must know your BMI (body mass index = height & weight). You can also use your chest measurement to choose your size, some people find a combination of the two methods help them find their most accurate size.

### BMI Size Chart



### Chest Measurement Size Chart

CHEST SIZE	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE
CM	75 → 84	85 → 94	95 → 104	105 → 114	115 → 123	124 → 132
INCHES	29 → 32	33 → 36	37 → 40	41 → 44	45 → 48	49 → 52

If you are on the borderline and would like extra compression, we recommend sizing down.

## BOTTOMS

Generally you can work out your underwear size from what size you wear in other brands. However, to precisely determine the best size/fit for your body you can use a combination of the BMI (body mass index = height & weight) size chart shown above and the waist measurement chart. Some people find a combination of the two charts help them find their most accurate size.

### Waist Measurement Size Chart

WAIST SIZE	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE
CM	71 → 76	76 → 84	84 → 91	91 → 99	99 → 107
INCHES	28 → 30	30 → 33	33 → 36	36 → 39	39 → 42

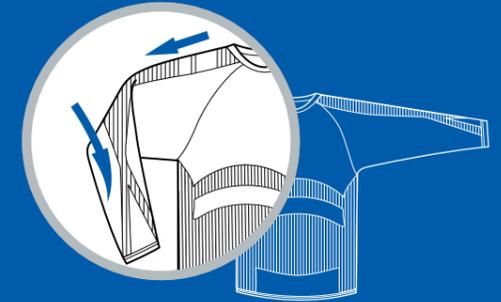
**Socks:** One Size Fits All



# HOW TO WEAR YOUR CORE PRECISION UNDERSHIRT™

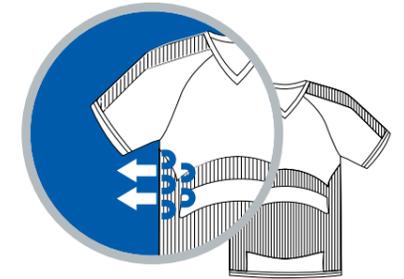
## PUTTING ON YOUR GARMENT

Roll the product onto your skin. Then adjust the garment to ensure correct placement of compression panels for optimum comfort and fit. Pay particular attention to the compression panels on the chest, which should fit just underneath your pectoral muscles. On the long sleeve, the arm compression panels should be placed to give bicep and elbow support.



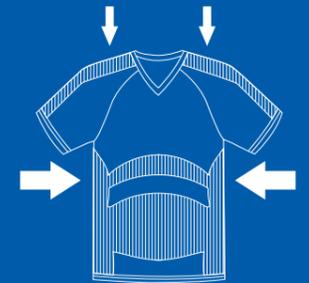
## BODY RESPONSE FIT

The garment will feel snug at first. However, it will self-adjust as your body warms the garment and after a few minutes, it will offer a very comfortable second-skin fit. Despite the snug fit you will not overheat as the moisture wicking and targeted ventilation will help to keep you cool.



## SIZING DOWN

To determine the best size/fit for your body you must know your BMI (body mass index = height + weight). Once you determine your size you may try a size down for greater results. Sizing down will provide greater compression and enhanced well being benefits. This is only recommended to those who have worn compression garments previously.



## EVERY DAY WEAR

- FOR SPORT - assist core strength, temperature control and performance
- POST SPORT RECOVERY - aide muscle recovery and provide postural support
- EVERYDAYWEAR - underneath casual clothes or a suit for improved posture and a defined look

## HOW TO CARE

- > Cold machine wash or hand wash with similar colours
- > Lay flat or hang to dry
- > DO NOT Iron
- > DO NOT tumble dry
- > DO NOT use fabric softener or bleach

# CORE PRECISION™ UNDERWEAR



EVERY MAN, EVERY DAY, EVERY WEAR™

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