

GIET IFIT

your former shape.

If you're a woman who is fitness conscious as everyone should be - you should know that even light exercise like walking can put an extra strain on your breasts. Why? Because no matter what size you are, a woman's breasts will move more during exercise. That's just how our bodies are made. Even small breasts move about 40mm during exercise.

While a normal bra can reduce breast movement to some extent, unfortunately that is just not

enough to support the breasts during even the mildest of work-outs! Because here's the thing... women's breasts are basically made of glandular tissue and fat, which are supported by the very delicate 'Cooper's ligament'. Once it is strained, this ligament starts to stretch and lose its elasticity. This results in breasts sagging. Once that happens, no amount of exercise can help in restoring



Fitness consciousness is incomplete without Enamor Sport.



ENSURE SUPPORT

Just as you equip yourself for any activity with the correct gear, like proper walking shoes or a dependable cycle - actually nothing is as

critical for your body's shape as a really good sports bra. While ordinary bras reduce breast movement by upto 35 - 38%, a really scientifically designed sports bra like Enamor Sport can control it by as much as 78%. This is not a small difference. It is twice as much support for your breasts!

This extra support has to literally be built into the design. We have constructed Enamor Sport bras differently keeping in mind two things.

> One, the type of activity levels that you will be doing. And two, the amount of strain the body takes during the type of activity.

If you are fitness conscious, Enamor Sport is for you.

 Women who are fitness conscious and go to fitness centers such as gym, yoga, low weight training will find the support of Enamor

Sport a huge boon.

 Sporty women who are into activities such as tennis, squash, basket ball, volleyball, cycling etc will wonder how they ever did without Enamor Sport. Less sweat, more comfort. No band bite, no worries!

Enamor Sport: The science behind the stunning styles.

You may well wonder what the big deal is about a sports bra. Is it really that different from a regular bra? Well, a sports bra is essentially a comfortable bra that can be worn for any sporting activity - while it provides additional support to a woman's breasts during physical exercise.

Enamor Sport: The difference is in how you feel.



A good fitness regimen makes you feel good about yourself. It makes you want to do more. An inadequate bra will put your best exercise plans to a halt, if you start feeling less than your best when you walk or work-out.

On the other hand, An Enamor Sport bra is styled in a way to deliver:

- · Ease of movement
- Support
- Smoothness to reduce chaffing and discomfort
- Better hold to avoid accidental show and prevent stress on ligaments
- · More breathable, wicking fabrics
- No discomfort. No breast jiggling during exercise. No embarrassment.
- A dramatic increase in comfort.

Not every sport bra can deliver what Enamor Sport can.

Not every bra that calls itself a sports bra has the science behind it that Enamor Sport has.

With Enamor Sport you can choose a bra depending on what activity you are most likely to do – be it uni-front or encapsulated frames. With Enamor Sport, all the bra styles have seamless cups – so that the scope for chaffing (especially in case of activities that require more stretching like basketball) is practically zero.

The fabrics used in creating Enamor Sport bras are all breathable and wick moisture. This means the moisture that occurs during exercise is sucked up by the fabric and shifted to the outer surface, keeping you dry and free of any discomfort.

Enamor Sport bra straps and back bands are designed so that there is no digging into the shoulder or back. Not even for bigger sized women.

For too long, Indian women have had to make do with sports bras that come in generic sizing like small, medium, large or extra large. Finally, you can have the advantage of a really well engineered sport bra from a bra manufacturer that understands women's bodies.

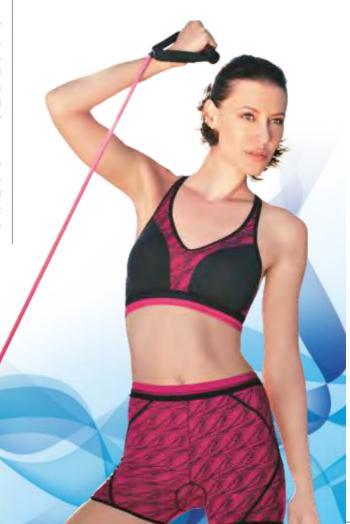


Find your ideal Enamor Sport Brais in your exact bra and c u p s i z e f o r unmatched support.

If you have never been fitted before, it is highly recommended

that you visit the Enamor store & get professionally fitted. You can also measure yourself by referring to the Enamor size chart.





SAITE

THAN SAGGY

The right sports bra enables you to lead an active lifestyle in comfort and without injury. Sports bras provide motion, control and a

comfortable snug fit during workouts. New fabrics and designs have transformed sports bras into women's workoutessentials. Finding a sports bra that best meets your requirements for



comfort and support means choosing one that accurately fits your best size, matches your activity level and offers you a soft feel with moisture – wicking performance.

Whatever your cup size, you need a snug fit and good support so you can focus on your sport. Here are the basics so you can shop with confidence.

Understand your activity and impact level

The amount of jostling and movement

associated with your favourite sporting activity is a key factor that dictates the best sports bra for you. Depending on the activity, you choose a bra that best supports the impact caused by that activity. This is called the "impact level." Choosing a sports bra that provides enough support and minimizes breast motion for your level of activity is essential. The higher the activity impact level, the higher the

level of support you'll need.

Low	Impact

Yoga

Walking

Medium Impact

Cycling

Running

High Impact

Basketball

Tennis

Low Impact Bras

Recommended for low impact level activities such as yoga, walking, low weight training. The bras provide just the right amount of support and adequate coverage for the activity. Scoop-back styles work well for women during low or medium-impact activities.





Medium Impact Bras

Recommended for medium impact activities such as cycling and iogging where there is more vertical movement. Therefore these bras provide suitable support targeted at reducing vertical breast movement. Racer-back styles are more supportive and are better for medium and high-impact activities allowing you ease of movement around your shoulders





High Impact Bras

With high impact activities like jumping and running, breast movement is predominantly vertical and in repetitive figure 8 patterns. Due to the high frequency of the movements this continuous up and down and side to side movement can also cause rubbing and chaffing. Therefore enhanced support has to be provided from bottom, top and sides to hold up the breasts and minimize the movement.







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WI-IAT YOU NEED

Understand your fit and comfort requirement

Our experts can help you to choose the Enamor Sport bra which fits your needs best for maximum support.



- There should be no chaffing / around the armholes, shoulder straps or seams.
- The straps should provide minimal stretch to reduce up-and-down movement. Wide straps better disperse the weight and offer greater comfort than narrow ones. Straps should not slip off or press into your shoulders during high-impact activities. Adjustable straps allow you to customize the fit. Ensure they don't dig into your shoulders.

- It should fit slightly tighter than a regular bra, but not so tight that you can't comfortably take a deep breath with the bra fastened on the middle hook
 - Wide band running along the bottom of the cup is useful as it provides extra support and shape.
 It is usually flexible and moves with your body to help prevent injuries.
 - To make sure you have the right size, raise your hands over your head. If the elastic band moves up your rib cage, you need a smaller band or the straps may need to be adjusted.
- The band around the bottom provides much of a bra's support. Wide bands are more supportive than narrow bands.
- The cup fabric should be smooth. Wrinkles or bunching up indicates the cup is too big.
- Jog or jump in place to test the bra's support.
 The fit is perfect when the bounce in the breasts is minimal.

- Wicking fabrics move moisture away from your skin and keep you comfortable.
- Never hold on to any bra beyond a certain point. Even highly durable Sports Bras like Enamor Sport should be replaced after 72 washes when the elasticity starts to diminish or if you have significantly lost weight or gained muscle.

 If you are into many different sports activities, it's smart to get different styles of sports bras for different impact activities.



 Coordinate your Enamor Sport Bra with an Enamor Sport Panty to get features like reinforced cotton crotch and no side seams to look and feel completely cool.





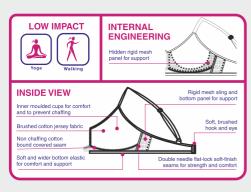












B: 32, 34, 36, 38 C: 32, 34, 36, 38

Colorways

Grey Melange with Black White with Grey



SPO1

SPORT PANTY



- · Boy Shorts
- Soft brushed cotton elastane for comfort
- · Reinforced cotton crotch
- Soft-touch strong seams for strength and comfort
- No side seam for a smooth look under clothes

Sizes Available

S, M, L, XL

Colorways

Grey Melange with Black White with Grey

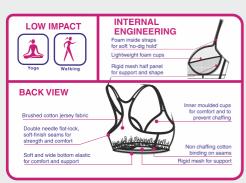






- Soft non wired foam lined with cotton elastane for comfort and absorbency
- Ergonomic lines for ease of movement and a feminine sporty look
- Deep racer back for smooth movement of arms and yogic postures
- Ultra soft cotton elastane in mélange and solid





B: 32, 34, 36, 38 C: 32, 34, 36, 38

Colorways

Grey Heather, White



SPC2

SPORT PANTY



- · High leg brief
- Soft absorbent brushed cotton elastane jersey for comfort
- · Reinforced cotton crotch
- Soft touch strong seams for strength and comfort
- Wide waist band to prevent rolling or pinching

Sizes Available

S, M, L, XL

Colorways

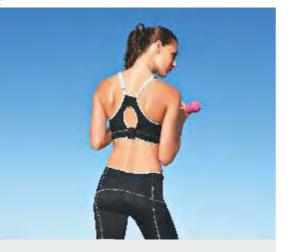
Grey Heather, White







- Non padded, non wired moulded encapsulated cups for total bounce control
- Center and bottom mesh panel allows for quick-dry from critical areas
- The denser moisture wicking polyamide (performance fabric) at the cups provides support and bounce control even as it absorbs sweat
- The ergonomic seams are positioned to allow for ease of necessary movement but restrict the bust movement that would strain ligaments
- Seams are specially constructed to lie flat and reduce chaffing
- Extra wide terry elastic at the bottom band absorbs excess moisture and grips without pinching to prevent the bra from riding up
- New type racer-back provides ease of movement not only while wearing but also easy to get into with a hook and eye closure











BACK VIEW

Keyhole racer back for ease of movement



No chaffing smooth seam

Smooth, no chaffing

Wider terry finish elastic for sweat

absorption and lift

inner cups

Get exact bra sizes Not S/M/L

Sizes Available

B: 32, 34, 36, 38, 40 C: 32, 34, 36, 38, 40 D: 32, 34, 36, 38, 40

Colorways

Black

SPC3

SPORT PANTY



- · High leg brief
- · Quick-dry polyamide, moisture wicking fabric
- · Reinforced cotton crotch
- · Soft touch strong seams for strength and comfort
- Wide waist band to prevent rolling or pinching

Sizes Available

S, M, L, XL

Colorways

Black

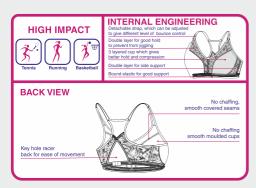






- Non-padded non-wired bra with moulded cups and printed panel
- The sporty color blocking and stylized racer back are inspired by the latest active-wear trends forecasted for the next season
- The print has been created with a hazy pixilated feel to give the impression of speed and lightness and it provides the 'rave' mood
- The seamless cups reduce chaffing and the front panel provides more than just the fashion quotient by preventing vertical bounce
- The double elastic at the bottom similarly provides added support even as it gives an aesthetically pleasing slimness to the extra wide band





B: 32, 34, 36, 38, 40 C: 32, 34, 36, 38, 40 D: 32, 34, 36, 38, 40

Colorways

Fuchsia Vibe and Electric Blue



SBC4

SPORT PANTY



- Boy Shorts
- Absorbent quick-dry polyamide with wicking finish
- Bright sporty print
- Cotton gusset

Sizes Available

S, M, L, XL

Colorways

Fuchsia Vibe and Electric Blue





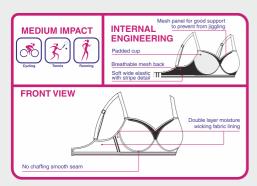






- Padded non-wired bra with wide straps and bottom elastic
- This style is also crafted from moisture wicking stretch polyamide jersey to provide extra comfort during rigorous work-outs to not only absorb but also evaporate sweat quicker
- Special mesh panels are positioned strategically under the bust, back and décolleté to allow quick drying
- The shaped cups not only look good but provide extra support by encapsulating the breasts in soft foam lined with moisture wicking fabric





B: 32, 34, 36, 38 C: 32, 34, 36, 38

Colorways

Fuchsia Vibe and Electric Blue



SPC5

SPORT PANTY



- Boy Shorts
- Absorbent quick-dry polyamide with wicking finish
- Mesh side panels for a flatter, lighter, smoother side
- Cotton gusset

Sizes Available

S, M, L, XL

Colorways

Fuchsia Vibe and Electric Blue





LOW IMPACT





LOW IMPACT





Walking







SB02

























Running

Running







SI3O-4

SBC5

SIBO3

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Know your right size. Get the right fit.

Bra

Step 1: Under-bust size

Using a soft tape, measure around the rib cage directly under the bust. The tape should be held tight, edge to edge with no space between it and your body.

Step 2: Over-bust size

Measure completely around the bust at the fullest point. Hold the tape tight against the back but not too tight in the front.

Size 38

Step 3: Refer size chart

Consult the Enamor sizing chart to find out your right size. (Note the measurements in centimetres.)

Sizo 22 Sizo 24 Sizo 26

SIZE SZ	3126 34	3126 30	
Under-bust 68 - 72cms	Under-bust 73 - 77cms	Under-bust 78 - 82cms	
Over-bust Cup B: 84 - 86 cms Cup C: 86 - 88 cms Cup D: 88 - 90 cms	Over-bust Cup B : 89 - 91 cms Cup C : 91 - 93 cms Cup D : 93 - 96 cms Cup DD : 97 -100 cms	Over-bust Cup B : 94 - 96 cms Cup C : 96 - 98 cms Cup D : 98 - 101 cms Cup DD : 102 - 105 cms	
Size 40	Size 42	Size 44	
Under-bust 88 - 92cms	Under-bust 93 - 97cms	Under-bust 98 - 102cms	
Over-bust Cup B : 104 - 106 cms Cup C : 106 - 108 cms Cup D : 108 - 111 cms Cup DD : 112 - 115 cms	Over-bust Cup B :109 -111 cms Cup C :111 -113 cms Cup D :113 -116 cms Cup DD :117 -120 cms	Over-bust Cup B :114 -116 cms Cup C :116 -118 cms Cup D :118 -121 cms Cup DD :122 -125 cms	
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(For best results, measure yourself without any clothes in front of a mirror.)

Panty

Measure around the broadest part of your hip making sure the measuring tape remains level all the way around. Note the measurement in cms. Then, consult the Enamor sizing chart to find out your correct size.

	S	M	L	XL
HIP SIZE (in cms)	83-91	92-100	101-109	110-118

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