

## **User Manual and Care Instructions for Training Shorts**

**Product Description:** Training shorts made of high-quality polyester, designed for maximum freedom of movement during workouts. They feature an elastic insert in the crotch, a Velcro closure, and a drawstring at the waist for better fit. Sublimation-printed designs are durable and unnoticeable.

### **Usage Instructions:**

1. **Purpose:**
  - The shorts are intended for training in combat sports such as MMA, Jiu Jitsu, BJJ, boxing, kickboxing, Muay Thai, as well as CrossFit and fitness exercises.
2. **Putting on and taking off:**
  - Put on and take off the shorts gently, avoiding excessive stretching of the material to maintain its properties.

### **Washing and Care Instructions:**

1. **Washing:**
  - Wash at a maximum temperature of 30°C.
  - Use mild detergents suitable for synthetic fabrics.
  - Wash inside out to protect the prints from damage.
2. **Drying:**
  - Dry flat in the shade to prevent color fading and material deformation.
  - Avoid tumble drying, as it may damage the fibers.
3. **Ironing:**
  - Do not iron, as high temperatures can damage the material and prints.

### **Precautions:**

- Do not use bleach or strong chemicals that may damage the material and prints.
- Avoid contact with rough surfaces to prevent fabric pilling.

### **Storage:**

- Store in a dry and well-ventilated place.
- Avoid prolonged exposure to direct sunlight to prevent color fading.

### **Additional Notes:**

- Regular adherence to the above recommendations will ensure long-lasting use of the shorts in unchanged condition.