

WHY WEAR TIGHTS?

It is not just for aesthetic!

Every dancer knows the importance of warming up before a class or performance.

- ***Maximize Flexibility***
- ***Maximize Results***
- ***Minimize Injury***

But did you know that it is important to make sure your muscles stay warm throughout your class or during your performance.

Studies of sports and exercise performance shows a close relationship between muscle temperature and physical execution.

It's important for a dancer to maintain the body's core temperature. Wearing tights can help keep muscles warm and pliable, helping to mitigate the risk of injury.



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