



## Excessive Waist Push Up Yoga & Exercise Shorts for Girls – Seamless Consolation

### Description

## Transfer Freely. Really feel Assured. Look Superb.

Whether or not you are hitting the mat, pounding the pavement, or powering via your subsequent health club session, these Excessive Waist Push Up Yoga & Exercise Shorts for Girls are your new go-to for consolation and confidence. Designed to sculpt, help, and keep in place irrespective of how intense the exercise, these shorts mix performance and vogue seamlessly.

Crafted from a premium mix of 78% nylon and 22% spandex, these shorts hug your physique in all the suitable locations whereas supplying you with the liberty to maneuver with out restriction. The material is breathable, sweat-wicking, and quick-drying—excellent for every part from sizzling yoga and cardio to bop and lifting. With their high-rise waistband, they provide tummy management and a flattering silhouette that enhances your pure curves.

### Key Options

- **Excessive-waisted design** for superior core help and a smooth, sculpted look
- **Push-up contour** that enhances your form and boosts your booty
- **Seamless match** with no pockets for a easy, second-skin really feel
- **4-way stretch material** that strikes with you, not in opposition to you
- **Moisture-wicking and quick-dry** supplies to maintain you cool and dry
- **All-season put on**—ideally suited for summer time runs, winter indoor exercises, and every part in between
- **Obtainable in sizes S to XL** and suits true to dimension for an ideal, assured match

### Why You'll Love Them

These shorts aren't only for the health club. They're designed for actual life—operating errands,

lounging at dwelling, or going out with mates. The strong coloration and smooth minimize make them straightforward to pair with any high, whereas the sturdy knit material ensures they'll preserve their form and help wash after wash. No chafing. No slipping. Simply all-day confidence and efficiency.

Out of your first rep to your final stretch, you'll really feel the distinction. These shorts are greater than activewear—they're a lift of confidence, a hug in material type, and your new favourite wardrobe staple.

## Excellent For

- Yoga and Pilates
- Working and cardio exercises
- Health club coaching and lifting
- Biking, climbing, and outside adventures
- Dancing and movement-based lessons

**Able to crush your objectives in consolation and magnificence?** Add these high-performance shorts to your exercise wardrobe right this moment and really feel the distinction with each transfer.

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}
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## Measurement Chart (Inches)

Measurement	Waist (in)	Hips (in)	Pants Size (in)
S/8	19.69	28.35	13.19
M/10	21.26	29.92	13.58
L/12	22.83	31.50	13.98

Measurement	Waist (in)	Hips (in)	Pants Size (in)
XL/14	24.41	33.07	14.37

Date Created

June 17, 2025

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