

# Benefits Of Using Gusset

## Crotch Shorts For Workout



Prevent discomfort in the crotch area, as the seams do not create a knot



Disperse stress around the crotch for enhanced mobility and freedom of movement

Knot-free design allows comfortable squatting, facilitating a wide range of workouts



Reduce fabric-induced chafing and friction, enhancing comfort during exercise

Evenly distributes pressure across the four seams, enhancing the shorts' durability



Diamond-shaped seam pattern can help eliminate camel toe