

# Benefits Of Wearing Padded Bike Shorts



The padding reduces chafing and skin irritation.



The cushion acts as a shock absorber, diffusing road vibrations.



The shorts minimize pressure on the groin, reducing the risk of numbness.



The breathable fabric allows for quick sweat drying, adding to your comfort.



The shorts offer support to maneuver on the seat without hurting yourself.



Shorts with antibacterial padding reduce the risk of skin infections.