

Women's Lookbook

# F G M O 4



*All items are available for individual purchase to allow the maximum possible freedom.*

## Women

*The most appreciated items are leggings, shorts, boleros (crop tops), and jumpsuits.*

*The most appreciated items are joggers, baggy pants, and hoodies.*

### **TECHNICAL FABRICS**

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### **COTTON**

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FGM04, in addition to cotton, utilizes a variety of high-quality technical fabrics carefully selected based on the intended use of each garment. These include ultra-breathable fabrics, antimicrobial materials that reduce bacteria on fabrics and skin, UV-protective textiles, and fabrics designed to retain or dissipate body heat as needed. The brand also employs **FIR technology**, which aids in muscle recovery and enhances skin appearance.

FGM04's clothing production is entirely **Made in Italy**, and all garments are **OEKO-TEX® STANDARD 100 certified**.

The **seamless** garments by FGM04 are specifically designed to minimize seams in contact with the skin, ensuring superior comfort. This results in clothing that is more **elastic, fluid, and form-fitting**, adapting perfectly to the body's shape.

FGM04 apparel is the **ideal choice** for those seeking **high-performance solutions**, whether for sports activities or everyday wear.





# Women / TECHNICAL SWEATSHIRTS

*All garments are seamless, made from Q-Skin fabric or feature FIR technology.  
All garments are certified for maximum skin safety.*



## Slim Hoodie Shirt

Long sleeves  
Hooded design with a large front pocket  
Slim fit  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors

COMPOSITION:  
- 95% Polyamide  
- 5% Elastane



## Slim Shirt

Long sleeves  
Slim fit  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors

COMPOSITION:  
95% Polyamide  
5% Elastane



## Full-Zip Bolero

Cropped design  
Long sleeves with thumbhole  
Full zip closure  
Slim fit  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors

COMPOSITION:  
95% Polyamide  
5% Elastane



## Bubble Sweatshirt

Long sleeves with thumbholes  
Regular fit  
Full zip closure  
Fabric with FIR technology  
Massage-textured fabric

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
94% Polyamide  
6% Elastane

# Women / SHIRTS & BOLEROS

*All garments are seamless, made from Q-Skin fabric or feature FIR technology.  
All garments are certified for maximum skin safety.*



## FGM04 Long-Sleeve Sport Shirt Unisex

Long sleeves  
Slim fit  
Fabric with FIR technology  
Massage-textured fabric

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
90% Polyamide  
10% Elastane

## Ikonic Sport Slimming Shirt Unisex

Short sleeves  
Slim fit  
Fabric with FIR technology  
Massage-textured fabric

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
90% Polyamide  
10% Elastane



## Slimming Long-Sleeve Shirt

Long sleeves  
Regular fit  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Nyx Shirt

Long sleeves  
Ribbed fabric  
Off-shoulder design  
High neck  
Slim fit  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Women / SHIRTS & BOLEROS



### Miss FGM04 T-Shirt

Short sleeves  
Regular fit  
Fabric with FIR technology  
Massage-textured fabric

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
90% Polyamide  
10% Elastane



### Frida Crop Top T-Shirt

Cropped design  
Short sleeves  
Slim fit  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**





## Gym Fashion Bolero

Cropped design  
Long sleeves with thumbholes  
Regular fit  
Side pockets for optional cup inserts (not included)  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors



## Calipso Bolero

Cropped design  
Ribbed texture  
Short sleeves  
Regular fit  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors

# Women / TANK TOPS

*All garments are seamless, feature FIR technology.  
All garments are certified for maximum skin safety.*



## Wide Strap Tank Top

Wide Strap Tank Top  
Regular fit  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
90% Polyamide  
10% Elastane



## Racerback Tank Top

Regular fit  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
90% Polyamide  
10% Elastane

# Women / TOPS

*All garments are seamless, made from Q-Skin fabric or featuring FIR technology.  
All garments are certified for maximum skin safety.*

*Below are some of the most popular models:*



## Ikona Top

Medium support  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Goth Top

Slim fit  
Features a distinctive horizontal cut across the bust  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
92% Polyamide  
8% Elastane



## Gym Fashion Top

Medium support  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)

Also available in similar models: ribbed texture (**CALIPSO**), massaging effect (**BUBBLE**), and Bamboo FIR fabric (**ESSENCE**)

Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**





## Olimpia Top

Medium support  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)  
Available in solid colors or maltinto (tie-dye effect)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Neith Top

One size  
Regular fit  
Crisscross back design  
Equipped with side pockets for optional pad insertion (pads not included)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Angel Top

One size  
Regular fit  
Open back with crisscross laces  
Equipped with side pockets for optional pad insertion (pads not included)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Electra Top

One size  
Regular fit  
Halter neckline  
Equipped with side pockets for optional pad insertion (pads not included)  
Made from Q-Skin fabric

Bacteriostatic effectiveness  
High breathability  
Helps reduce the formation of bad odors



# One-Shoulder Top

Medium support  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)  
Also available in a crocodile-textured pattern  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
92% Polyamide  
8% Elastane







## Adele Top

High support  
Adjustable straps  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Denise Top

High support  
Adjustable straps  
Regular fit  
Equipped with side pockets for optional pad insertion (pads not included)  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



# **Women / LEGGINGS**

*Originally called Frida and Nikita, leggings are the most famous garment from FGM04, especially the push-up models.*

*All FGM04 leggings (except for those included in sets, even as gifts) are made with FIR technology fabric, offering benefits both for athletic performance and skin appearance:*

- *Enhances muscle recovery after exercise*
- *The gentle heat emitted by the fibers revitalizes the body and improves skin appearance*
- *Durable: repeated washing does not reduce performance*
- *Odor reduction*
- *Increased muscle elasticity*

## **DIFFERENCES BETWEEN MODELS**

*The most noticeable differences between the various models concern the glute area:*

- *BASIC: seamless on the back*
- *CONFIDENCE: subtly lift and shape the glutes*
- *SHAPE UP: push-up effect without ruching on the glutes*
- *All other models: push-up effect with ruching, lifting and defining the glutes more prominently*

*Other differences include the height and shape of the waistband, which can be straight or V-shaped, the presence of text or logos, the fabric texture, which may feature ribbing, a denim effect, artisanal dyeing, or a melange finish, and the type of fabric used. Options range from all-season materials to specialized fabrics such as HOTFIR for a warming effect, CRYOFIR for superior breathability, and BambooFIR for enhanced elasticity. Some models are also available in biker shorts and shorts versions.*



# Basic

Basic refers to all leggings that have no seams or stitching on the back. They are available in both smooth fabric and a denim-effect texture.

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

## Nikita Basic High Waist

Regular fit  
11 cm high waistband  
4-season fabric  
With FIR technology



## Nikita Basic

Slim fit  
5.5 cm high waistband  
4-season fabric  
With FIR technology



## Jeans Basic

Regular fit  
6 cm high waistband  
4-season fabric  
With FIR technology



## HotFIR Basic

Slim fit  
10.5 cm high waistband  
Fabric that helps maintain body temperature  
With FIR technology



# Shape-up

Regular fit  
Straight waistband, 10 cm high  
Push-up effect without ruching  
Triangular selection on the back  
4-season fabric  
Fabric with FIR technology  
Also available in a shorts version

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



# Gym Fashion

Regular fit  
12 cm high V-shaped waistband  
with text on the back  
Push-up effect with ruching  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat  
onto the skin tissues, **improving  
elasticity, muscle recovery and skin  
appearance**

COMPOSITION:  
92% Polyamide  
8% Elastane



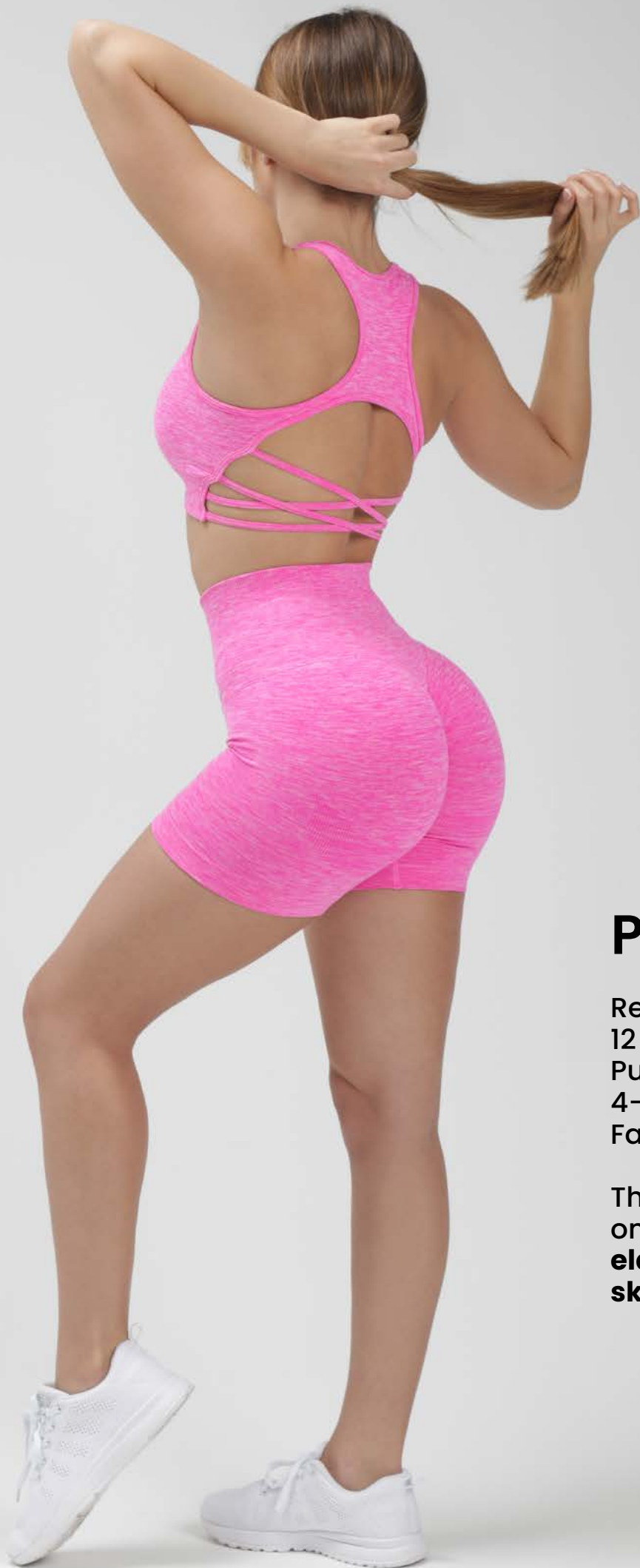


# All-up

Regular fit  
13 cm high straight waistband  
Push-up effect with ruching  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
92% Polyamide  
8% Elastane



## Pulsar

Regular fit  
12 cm high straight waistband  
Push-up effect with ruching  
4-season melange fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

# Maltinto

Regular fit

13 cm high straight waistband

Push-up effect with ruching

Individually decorated using the  
artisanal maltinto dyeing technique

4-season fabric

Fabric with FIR technology

This garment reflects body heat  
onto the skin tissues, **improving  
elasticity, muscle recovery  
and skin appearance**







# Jeans

Regular fit

Available in Basic, Push-up with ruching, and Flared push-up with ruching models

4-season denim-effect fabric

Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**

COMPOSITION:  
75% Polyamide  
15% Polyester  
10% Elastane







## Calipso

Regular fit  
13 cm high straight waistband  
with text  
Push-up effect with ruching  
4-season ribbed fabric  
Fabric with FIR technology

This garment reflects body heat  
onto the skin tissues, **improving  
elasticity, muscle recovery and  
skin appearance**



## CryoFIR

Regular fit  
11 cm high straight waistband  
Push-up effect with ruching  
Ultra-breathable fabric helps  
maintain a comfortable body  
temperature in warm conditions  
Fabric with FIR technology

This garment reflects body heat  
onto the skin tissues, **improving  
elasticity, muscle recovery and  
skin appearance**



Push-up



Basic

# HotFIR

Regular fit  
Available in Basic and Push-up with  
ruching models  
Fabric that retains body temperature  
for extended periods  
Fabric with FIR technology

This garment reflects body heat  
onto the skin tissues, **improving  
elasticity, muscle recovery and skin  
appearance**



# Bubble

F.I.R. Technology Fabric (Far Infrared Rays)

Oeko-Tex Class 1 certified

4 seasons fabric

Bubble micro-massaging texture

Seamless

Regular fit

High Waistband 12,5 cm

Push-up with gathered stitching on the back

Matte-effect covering fabric

100% Made in Italy

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



# **Women / JUMPSUIT**

*All FGM04 jumpsuit models (except for occasional gift items) are made with FIR technology fabric, providing benefits for both athletic performance and skin appearance:*

- Enhances muscle recovery after physical activity*
- The gentle heat emitted by the fibers revitalizes the body and improves skin appearance*
- Durable and long-lasting: repeated washing does not reduce performance*
- Odor reduction*
- Greater muscle elasticity*

## **DIFFERENCES BETWEEN MODELS**

*The most noticeable differences between the various models concern the back area:*

- BASIC models have no seams*
- All other models feature a push-up effect with ruching, lifting and defining the glutes more prominently*

*Other differences include the presence of sleeves, neckline shape, and strap design. Some models are also available in a short version.*



**Depending on the accessories you choose  
– a belt, shoes, bags, or jewelry –  
the jumpsuit allows you to switch from  
a casual look to a more elegant one  
in the blink of an eye**





## Black Tourmaline

Regular fit  
No push-up effect  
Back neckline  
Elephant's foot  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Lussuria

Regular fit  
No push-up effect  
Adjustable shoulder straps  
In the top it is possible to insert the cups  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



# Clio

Regular fit  
Push-up effect with  
ruching  
Bare shoulder  
straps  
In the top you can  
insert the cups  
4-season fabric  
Fabric with FIR  
technology

This garment  
reflects body  
heat onto the skin  
tissues, **improving  
elasticity, muscle  
recovery and skin  
appearance**





# Teti

Regular fit  
Push-up effect with  
ruching  
Thin braces  
In the top you can  
insert the cups  
4-season fabric  
Fabric with FIR  
technology

This garment  
reflects body  
heat onto the skin  
tissues, **improving  
elasticity, muscle  
recovery and skin  
appearance**





## Artemide

Regular fit  
Shoulder straps crossed at the back  
Push-up effect with ruching  
In the top you can insert the cups  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**



## Salopette Dafne

Regular fit  
Push-up effect with ruching  
4-season fabric  
Fabric with FIR technology

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance**





## Tights

Opaque tights with a free way waistband, ensuring comfort and high elasticity. 70 DEN thickness. Fabric with FIR technology.

This garment reflects body heat onto the skin tissues, **improving elasticity, muscle recovery and skin appearance.**

Composition:  
75% Polyamide Innergy  
16% Polyamide  
9% Elastane



# Ikonic Line in Cotton

*In addition to technical fabrics, FGM04 uses cotton to create clothing that aligns with its holistic vision of beauty, where **well-being and performance coexist in perfect harmony.***

*Well-being is closely linked to a **positive self-perception**, which is why we pay great attention to developing designs that enhance the body's natural shape and reflect the personality of those who wear them.*

***FGM04 apparel** is ideal for those seeking **high-quality garments** suitable for both **sports activities and everyday wear.***

*The most beloved models include **crop sweatshirts, baggy pants, and joggers.***

# FGM04

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