

Men's Performance Fabric & GSM Selection Guide

Buyer reference for training tees, tanks, shorts, travel pants and fleece layers. Use this to shortlist platforms before sampling — not as a substitute for mill confirmation.

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How to choose

1. End use

Gym heat, run, commute, recovery — climate drives GSM more than marketing names.

2. Silhouette

Relaxed opaque tees need higher GSM; compression needs recovery more than lightness.

3. Branding surface

Heat transfer and prints prefer stable, low-stretch print zones.

4. Cost envelope

Shortlist 2–3 mill options; lock GSM, stretch and wash before PPS.

5. Sample proof

Approve opacity, recovery and hand on a physical sample — never on a PDF alone.

ELEVIA fabric platforms

AeroDry (EF-A01)

Composition: Polyester / elastane knit
GSM: 140–180 GSM · Stretch: 2–4 way
Best for: Training tees, tanks
Hand / surface: Dry technical hand · Smooth jersey / mesh options

MotionFlex (EF-M01)

Composition: Polyester / elastane woven or knit
GSM: 120–170 GSM · Stretch: Four-way stretch
Best for: Training shorts, lightweight pants
Hand / surface: Smooth, low-friction · Softshell / woven stretch

CottonMotion (EF-C01)

Composition: Cotton / poly / elastane
GSM: 180–240 GSM · Stretch: Light stretch
Best for: Cotton-hand training tops
Hand / surface: Cotton soft · Jersey / French terry options

FormKnit (EF-F01)

Composition: Nylon / elastane
GSM: 200–260 GSM · Stretch: High recovery stretch
Best for: Fitted training, base layers
Hand / surface: Sculpted technical · Power jersey / rib options

TransitStretch (EF-T01)

Composition: Nylon / poly / elastane
GSM: 160–240 GSM · Stretch: Comfort stretch
Best for: Travel pants, commute bottoms
Hand / surface: Clean tailored hand · Softwoven / ice-silk options

RecoveryFleece (EF-R01)

Composition: Cotton / poly fleece blend
GSM: 280–420 GSM · Stretch: Light stretch
Best for: Hoodies, joggers, recovery
Hand / surface: Soft brushed / loopback · Fleece / terry

Typical GSM starting points

Lightweight training tee	140–180 GSM	AeroDry
Cotton-hand everyday tee	180–240 GSM	CottonMotion
Support / compression knit	200–260 GSM	FormKnit
Linerless short shell	120–170 GSM	MotionFlex
2-in-1 liner	180–220 GSM	Nylon/elastane jersey
Travel stretch pant	160–240 GSM	TransitStretch
Recovery fleece	280–420 GSM	RecoveryFleece

Next step

Request a fabric direction on your sample brief, or download the lookbook and pick a library SKU. Email business@eleviaapparel.com · <https://eleviaapparel.com/request-a-quote/>