

SCROLL

## **WE DIDN'T START WITH A LAUNCH PARTY. WE STARTED WITH A 5 AM ALARM AND A COLD GARAGE.**

Groundwork exists for the athlete nobody's filming. The one deadlifting in a garage with chalk dust on the ceiling. The one running routes at the park before work because there's no facility budget and no team photographer. The one who trains like a pro and clocks in at a warehouse.

We know that athlete because we are that athlete.

This brand wasn't born in a boardroom. It was born in weight rooms with no AC, on tracks with no lines painted, in communities where "making it" means showing up again tomorrow. Groundwork is training gear designed for the process — not the podium. Not yet.

**THE SPOTLIGHT DOESN'T FIND YOU.  
YOU BUILD THE STAGE YOURSELF.**

Our gear is stripped-down, durable, and built to move the way you move — no gimmicks, no influencer markup, no logo bigger than your effort. We make lifting belts, knee sleeves, training shorts,

and compression gear for people who take the work seriously even when nobody's watching.

Because every career that looks "overnight" had years underneath it. Every highlight reel had a thousand reps behind it. Every athlete who made it had a chapter where they were invisible — and that chapter is where **Groundwork lives.**

We're not the brand you wear when you've arrived. We're the brand you wore when you were becoming.

**[SHOP THE COLLECTION →](#)**

**SAMPLE 02 — INSTAGRAM CAPTIONS (5 POSTS)**





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GROUNDWORK IS A FICTIONAL BRAND CREATED AS A PORTFOLIO SAMPLE.