

COMPRESSION *2XU*

Questions + Answers

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COMPRESSION *ZXU*

01 INTRODUCTION



Compression has been used in the medical industry for 150 years to aid recovery after surgery or injury. Early compression garments used heavy gauge fabrics which provided equal stretch in all directions for optimum compression.

However in the last 10 - 15 years, compression base layer garments have become increasingly popular in countries such as Australia, New Zealand, England and South Africa. One of the main reasons for this popularity is because of the use of compression garments by high profile players from team contact sports such as Rugby and Australian Football (AFL). These codes are particularly demanding on the participant's bodies as each training session or game involves heavy contact and rapid rates of muscle fatigue and damage from the high intensity nature of the exercise.

Compression garments have shown to be a valuable recovery and preparation tool in these sports due to their effectiveness in muscle repair and reducing muscle soreness. The use of compression is now becoming widespread, as elite and everyday athletes wake up to its many and varied proven benefits.

As more research is done on compression, more results are testifying to its ability to heighten its performance and body function.

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02 WHAT DOES 2XU COMPRESSION DO?



IMPROVED RECOVERY

Therapeutic rated fabric provides greater pressure and recovery benefit by aiding the pumping action of the cardiovascular system; removing blood lactate from exercising muscles for faster muscle repair.

HEIGHTENED AGILITY

Heightened proprioception increases senses and awareness for enhanced stability and agility. Proprioception can also help with improved technique as you remain aware of your body's positioning, improving the balance control system and muscle coordination.

REDUCED FATIGUE

During exercise, your muscles are exposed to forces that cause vibration. This major cause of muscle fatigue, known as muscle oscillation, can be reduced when wearing compression garments. This leads to improved muscle endurance, strength and power.

REDUCED DAMAGE

2XU Compression features muscle containment properties which reduce muscle damage. By reducing muscle damage during exercise and minimizing swelling post-exercise, 2XU Compression can significantly reduce the severity and duration of exercise induced muscle injury and soreness such as Delayed-Onset Muscle Soreness (DOMS).

IMPROVED CIRCULATION

Faster warm up and enhanced overall circulation. Graduated compression of the limbs actively encourages and increases venous return to the heart and lymph to the lymph nodes.

RESEARCH & STUDY RESULTS

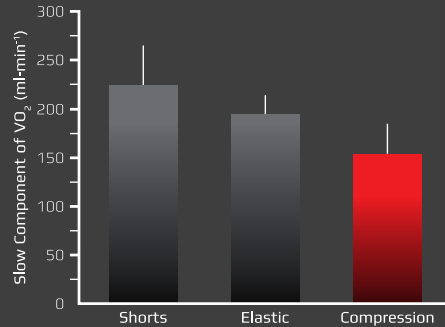
A selection of studies have investigated the numerous benefits of compression garments all of which have been independently conducted and published in peer reviewed journals. They have been conducted in controlled environments and reinforce the benefits promoted by 2XU Compression.

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03 RESEARCH AND STUDY RESULTS

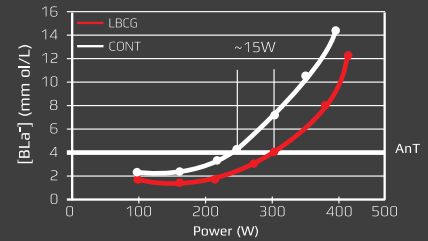


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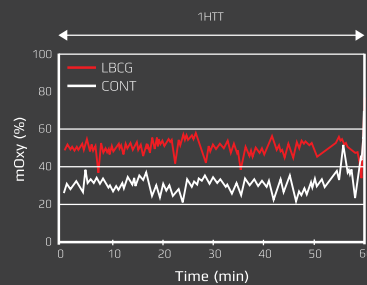
DECREASED OXYGEN UPTAKE¹

In this research study, 6 trained runners underwent sub-maximal running exercise to compare the impact of normal running shorts, elastic tights and compression tights on aerobic energy cost. During this study it was shown that wearing compression tights could decrease VO₂ slow component by up to 36%, demonstrating that compression enhances overall circulation and decreases muscle oscillation - thus promoting lower energy expenditure. This bar graph shows how compression clothing is significantly beneficial to reducing the oxygen demands of muscles by comparing different rates of oxygen uptake when wearing different clothing.



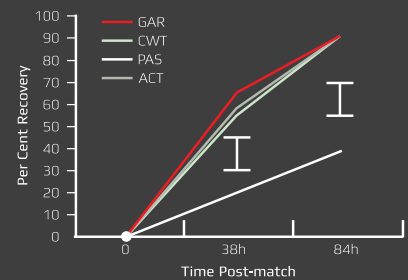
INCREASED POWER OUTPUT²

In this study aimed at examining the performance effects of lower body compression garments using elite cyclists, 12 young cyclists participated in both an incremental cycling test and one hour time trial. Two significant benefits were observed and are detailed above and below. In an incremental cycling test, an average improvement of 15 watts was observed in the Power Output at the Anaerobic threshold when wearing Compression garments. The above typical result shows a right-ward shift in the blood lactate (BLa-) curve and difference in the Power Output at Anaerobic threshold (AnT) between normal attire and wearing compression garments.



IMPROVED MUSCLE OXYGENATION²

As demonstrated in the above graph, during a 1 hour cycling time trial, compression garments appeared to facilitate an improvement in mean muscle oxygenation (mOxy) during exercise. This result indicates that when worn, compression garments could facilitate greater muscle efficiency.



DECREASED MUSCLE DAMAGE³

23 elite male rugby players took part in a study to compare different recovery strategies. The different recovery strategies featured were compression garments, contrast water therapy, passive recovery and active recovery. The above line graph above shows the use of compression garments had better recovery rates than all other recovery strategies tested 36 hrs post-match, and a similar rate of recovery 84hrs post-match.

1) Bringard et al 2006, "Aerobic Energy Cost and Sensation Responses during Submaximal Running Exercise - Positive Effects of Wearing Compression Tights", International Journal of Sports Medicine, vol. 27, pp.373-378.

2) Dascombe B et al 2006, "The physiological and performance effects of lower-body compression garments in high-performance cyclists"

3) Gill N, Beaven C & Cook C 2006, "Effectiveness of post-match recovery strategies in rugby players", Br Journal of Sports Medicine, vol. 40, pp. 260-263.

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04 WHY 2XU COMPRESSION?



IT'S ALL ABOUT THE FABRIC

2XU Compression boasts numerous benefits to the wearer, however three important features separate 2XU from any other compression.

2XU CIRCULAR KNIT CONSTRUCTION

2XU Compression garments are the only all purpose compression garments constructed using circular high gauge knit structure. This structure delivers an evenly distributed 360 degree stretch compression unachievable in garments with a traditional tricot knit.

2XU HIGH DENIER FABRIC

All garments use 2XU High Power performance fabrics with high gauge denier ratings. Using this fabric delivers unparalleled strength and durability meaning that 2XU Compression keeps performing long after other compression garments have worn out.

2XU LYCRA ENDURANCE

2XU Compression delivers long life performance through combining the benefits of DuPont Lycra, Circular Knit technology and powerful high gauge fabrics. This combination of features means 2XU Compression is able to outperform its rivals by up to 40%.

As well as the above elements that ensure that 2XU Compression stands head and shoulders above its competitors, 2XU Compression also features the following essential elements to a quality compression garment.

2XU GRADUATED PRESSURE

2XU's graduated compression technology offers regulated pressure throughout all garments to deliver performance benefits pre and post exercise. By enhancing circulation through increased venous function, more oxygenated blood is delivered to the muscles which need it most. At the same time, by-products created by exercise, such as lactic acid, are flushed from the muscles to reduce fatigue and decrease recovery time.

2XU MUSCLE STABILITY

During exercise, vibration is a large contributor to muscle fatigue and damage. 2XU Compression stabilizes these muscles to enhance power and reduce fatigue.

2XU DVT

Deep Vein Thrombosis is a condition that mainly affects the lower body and is associated with long periods of travel or inactivity. 2XU Compression garments enhance blood flow in these areas through enhanced venous return, reducing the risk of DVT.

COMPRESSION **2XU**

04 WHY 2XU COMPRESSION?

CONTINUED



2XU ANTI BACTERIAL

Embedded with an anti-bacterial, odour resistant application, 2XU Compression can help minimise odour and prevent bacterial growth.

2XU COMFORT

In all 2XU Compression garments, reinforced flat lock stitching is used to combine strength with comfort. Flat lock stitching helps reduce chaffing and enables the garments to be used in a variety of sports and activities where comfort is essential.

2XU MOISTURE MANAGEMENT

2XU Compression fabrics channel moisture away from the skin, keeping you dry and comfortable.

2XU SUN UPF 50+

Through the fabric composition of Nylon and Lycra, all 2XU Compression garments offer the highest clothing sun protection factor of UPF50+. This means that with or without additional clothing your 2XU compression garments will protect you from harmful ultraviolet rays all day long.

2XU MADE

Using our exclusive high performance fabric, 2XU Compression garments are engineered to fit tight, whilst maintaining comfort and allowing free range of movement during exercise and long periods of wear.

2XU CLIMATE

Through heightened circulation, 2XU Compression regulates body temperature in both hot and cold conditions. Using and enhancing the body's natural cooling and heating mechanisms, 2XU Compression delivers comfort in a range of climates.

2XU RENEW

The body naturally does most of its repair during sleep. Therefore the use of 2XU Compression at night will enhance circulation and muscle oxygenation for accelerated muscle repair and optimal morning recovery.

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05 WHO CAN BENEFIT FROM 2XU COMPRESSION?



Compression garments can benefit everyone from the professional athlete to the Starbucks barista standing all day serving coffee. By increasing circulation through the use of graduated compression garments, individuals will feel the benefits of preventing blood pooling in the extremities and improved muscle oxygenation. Compression wear can be beneficial:

- ▶ During any physical activity – sports to yard projects
- ▶ The workplace – extended periods of standing or sitting
- ▶ Post exercise – faster recovery from fatigued and sore muscles
- ▶ Rehabilitation from injuries
- ▶ When traveling – less risk of DVT and symptoms of jetlag
- ▶ During sleep.

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06 WHAT PURPOSE DOES EACH COMPRESSION GARMENT SERVE?



FULL LENGTH TIGHTS

Increase circulation because of the graduated fit over the entire length of the leg. Also provide muscle containment.



KNEE HIGH SOCKS

By encasing the foot and extending to the knee, socks prevent the pooling of blood in the foot and enhance circulation, especially when static or standing for long periods.



CALF GUARDS

Fitting from the ankle to the knee, they provide exceptional stability to the calf muscle while still offering circulation benefits.



SHORTS

Support and stabilize the large muscles; quads, hamstring and gluts.



LONG SLEEVE TOPS

The graduated fit on the arm promotes circulation from the extremities back to the heart while providing support to the shoulders and core region.



SHORT SLEEVE TOPS

Provide stability to the shoulders and core region.

COMPRESSION *2XU*

07 FREQUENTLY ASKED QUESTIONS



WHEN IS THE BEST TIME TO WEAR YOUR 2XU COMPRESSION GARMENTS?

Wearing 2XU Compression garments can deliver beneficial outcomes in numerous situations.

During Exercise

When worn during exercise, compression garments can reduce commonly occurring muscle damage and fatigue. By snugly wrapping the muscles, micro tears during exercise are minimised and muscle soreness is significantly reduced as a result.

The graduated compression offered by 2XU garments enhances blood flow during exercise, delivering an accelerated warm up and reduction of lactic acid build up. Such benefits aid in the prevention of injuries and the reduction of post exercise soreness.

Post Exercise

Wearing compression garments post exercise to enhance recovery has been one of the major benefits documented by extensive scientific studies. By wearing your graduated 2XU Compression garments immediately after exercise, your blood circulation will work to flush exercise by-products more efficiently, and recovery will therefore be swifter.

Most studies carried out on the recovery properties of compression garments have required subjects to wear garments for a minimum of 24 hours immediately following exercise. However, this is not mandatory, as compression garments have also been proven to deliver recovery benefits when worn for as little as 4 hours post exercise. Generally though, the longer the compression garment is worn, the greater the benefit to the wearer.

Travel

During long periods of inactivity and sitting, compression garments reduce the chance of DVT and reduce swelling of the lower leg. This is possible because of the graduated pressure of 2XU garments which aids venous return to the heart as well as enhancing lymphatic function. 2XU Compression Recovery socks are particularly useful for this.

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07 FREQUENTLY ASKED QUESTIONS

CONTINUED



HOW LONG WILL COMPRESSION GARMENTS LAST AND HOW CAN I MAXIMISE THE LIFE OF MY 2XU COMPRESSION GARMENTS?

All 2XU compression garments are covered by a comprehensive warranty (excluding prints/transfers) for 12 months from the date of purchase. An exact length of time is difficult to stipulate however, as the life of your garment is influenced by the amount of wear, type of activities and level of care taken.

All 2XU garments are highly technical items which require a level of care to ensure they continue to deliver compressive performance results time and time again. Due to the inclusion of elastomeric yarns in the fabric composition of 2XU Compression, over time, the garment may have reduced power and elasticity. Taking heed of the following tips will ensure you get maximum life from your 2XU Compression garment.

Putting on Your 2XU Compression Tights

The 2XU Compression tight is a technical garment that requires care when putting on. The graduated (tapered) fit means the foot cannot be forced through the leg. Fitting this garment is like a stocking, starting at the toe and working progressively up the leg. When fitted, the bottom of the tight may not necessarily be at the base of the ankle, but more the base of the calf muscle.



TOE

Bundle the leg of the tight and pull over the toes and foot.



ANKLE

Slide over the heel until bottom of tight is above ankle.



LEG

Pull the leg of the tight progressively upward in a series of gentle pulls until the garment is correctly positioned. The bottom of the tight may finish above the ankle, closer to the base of the calf muscle.

COMPRESSION 2XU

07 FREQUENTLY ASKED QUESTIONS

CONTINUED



Caring For My 2XU Compression Garments

Elastane is a synthetic fibre used in most compression garments due to its exceptional elasticity, however not all elastanes are created equal. All 2XU Compression garments offer durable and powerful fabric by incorporating the world's finest elastane – Lycra. This said, even Lycra elastane has a product life and specific things can be done to prolong it.

While the simple factor of time will degrade Elastane, chlorine and sweat speed this process at a greater rate. After intense exercise or exposure to chlorinated water, particular attention should be taken to rinse garments with clean, cold water.

Other Care Instructions

Please refer to the additional care instructions attached to your 2XU Compression apparel to ensure its life is maximised and warranty is not void.

CAN I WEAR MY COMPRESSION GARMENTS WHEN SWIMMING?

Yes, you can wear your compression garments during swimming and other water activities, but keep in mind that chlorinated water will break down the elastane in the garments. After using it in chlorinated water, immediately rinse the garment out in fresh, clean water to stop this process. It is also recommended that you do this after wearing them in salt water.

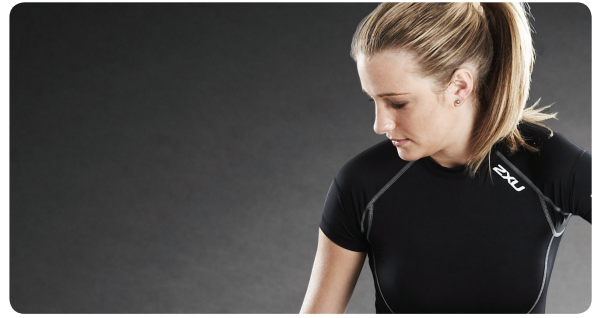
ARE 2XU COMPRESSION GARMENTS JUST FOR WEARING DURING WINTER OR COLD WEATHER?

Compression garments are suitable for use all-year round. Traditionally worn during the colder months because of its thermal regulating properties, 2XU Compression garments breathe exceptionally well meaning value is also delivered during the hottest months of the year.

COMPRESSION 2XU

07 FREQUENTLY ASKED QUESTIONS

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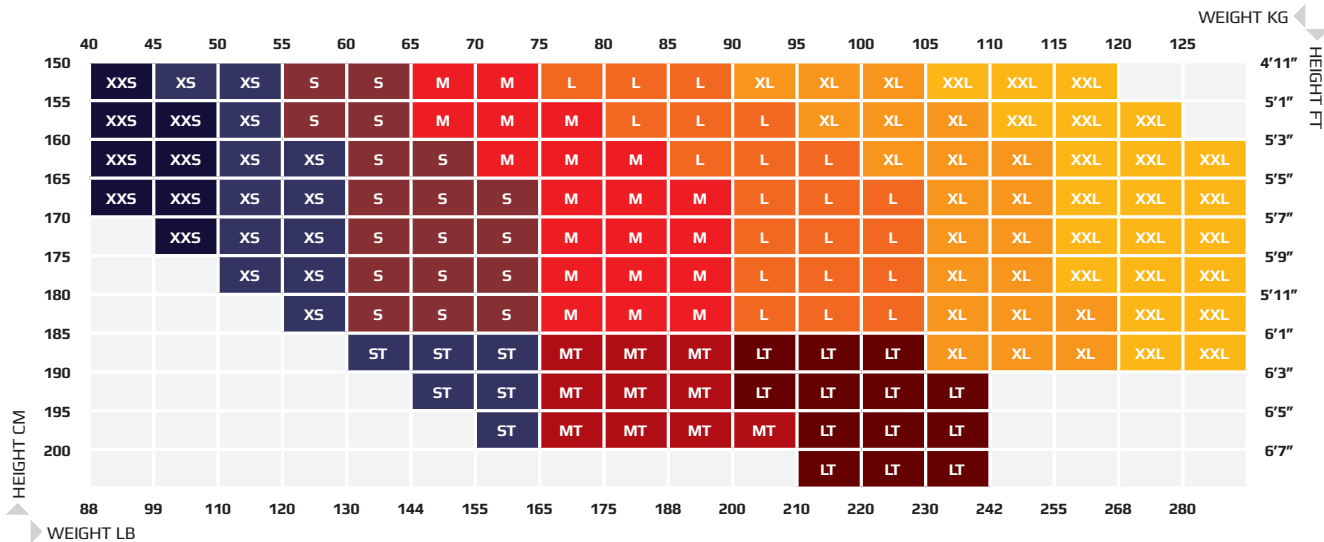


HOW DO I KNOW THAT MY COMPRESSION IS FITTED PROPERLY AND WHAT SIZE SHOULD I WEAR?

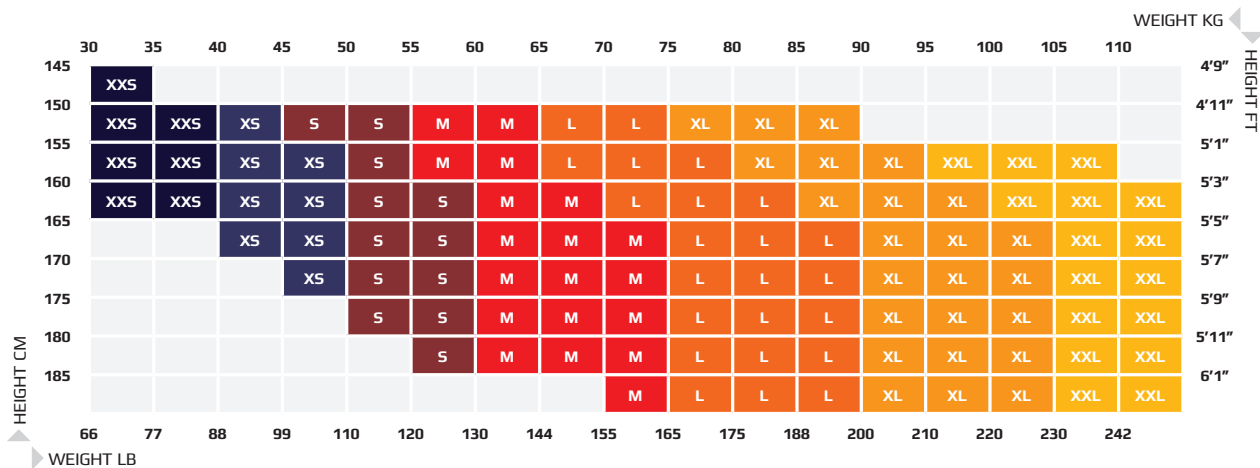
Quite simply, your 2XU Compression garment should snugly and firmly fit the body. It should not, however, 'cut in' to any part of the body. If this is the case, your compression garment is not fitted properly and you should review your size choice. For upper body garments, a free range of movement of the shoulders is essential, as is comfort in the underarm area.

For specific sizing, please refer to our size chart at <http://2xu.com/popup/sizechart-comp.html>, taking into consideration that if you are near the borderline for sizes or you wish to wear your compression garment primarily for recovery purposes, you should choose the smaller size if comfortable.

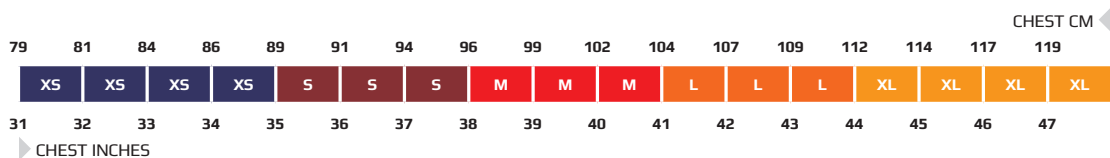
MEN'S TIGHTS AND SHORTS



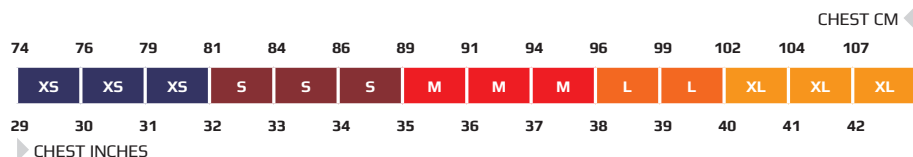
WOMEN'S TIGHTS AND SHORTS



MEN'S TOPS



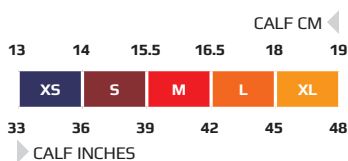
WOMEN'S TOPS



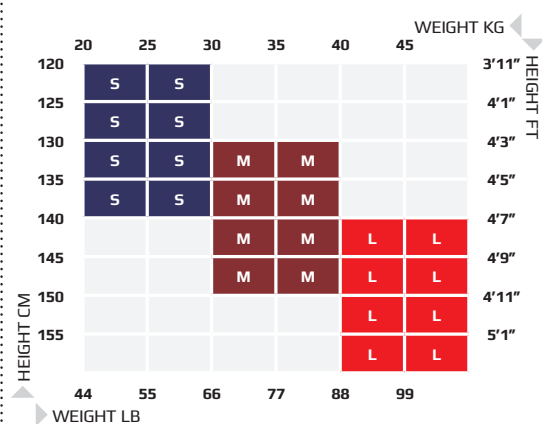
SOCKS

	4	6	6.5	8	8.5	10	10.5	12	12.5	14
MENS (USA)										
WOMENS (USA)	5.5	7.5	8	9.5	10	11	12	13	14	15.5
EUROPE	35.5	38	38.5	41	42	43	44	46	46.5	48.5
	XS	XS		M	M	M		XL	XL	XL
		S	S	S		L	L	L		

CALF GUARDS



YOUTH TIGHTS AND SHORTS



SIZE CHARTS

NOTE Not all sizes are available in all styles. Please check the individual styles for more information on sizes available. In the Men's Shorts, the sizes ST, MT and LT are not applicable. Simply choose the relevant normal size i.e. replace L for LT.

With all size charts, these measurements are provided as a guide only. When your measurements are close to a borderline or you wish to wear your tights for recovery purposes, it is recommended that you choose a smaller fit.