

Offering athletes discounted compression apparel

New Zealand Academy of Sport

2XU and the NZ Academy of Sport are thrilled to announce a sponsorship association that will extend over the next three years. 2XU is a high performance sports brand producing a wide range of technical apparel and will now be the official supplier of compression garments to the NZAS Programme.

2XU

2XU (pronounced "two times you") are a high performance sports brand based in Melbourne, Australia. Launching with a single minded determination to make sporting garments without compromise, 2XU have within just a few short years been adopted by countless sporting institutions and athletes. There are scores of current and past world champions wearing 2XU from disciplines as broad as kayaking to triathlon, mountain running to cycling.

2XU are a preferred supplier into the likes of the AIS and VIS, equip a number of national body sporting teams, and continue to strive to make the most evolved sporting product available in the market. 2XU is distributed throughout Australia and New Zealand, North America, and many parts of Europe and Asia.

More information on 2XU and their products and philosophy is available at www.2xu.com

In approaching product development from an obsessive athlete and results driven background 2XU have sourced and developed fabrics using the finest filaments and yarns. This process has ensured that the quality of 2XU fabric is unrivalled, combining with best practice construction techniques to ensure the athlete is cloaked in the most advanced training or racing product.

In NZ 2XU have a number of high level athletes wearing 2XU compression as an essential training and recovery tool – including kayaker Ben Fouhy, cyclist Alison Shanks, and sailor Tom Ashley. There are dozens of top NZ runners, triathletes, and cyclists also equipped in the product.

What are the benefits of compression?

There are two elements to a quality compression product.

1. The general containment which applies external pressure to the muscle groups
2. An encouraged venous return achieved by a graduated pressure reducing from the limb extremity back toward the torso/heart.

This second cardiovascular consideration separates out the quality compression garments from the general pack.

The key benefits of a high quality compression garment are:

- Improved recovery post exercise deriving from both the enhanced circulation and lactate flushing as well containment and pressure encouraging a faster muscle repair process
- Muscle stability which reduces fatigue during exercise through reduced muscle oscillation. With muscle vibration the body expends energy trying to stabilize the muscle group.
- There are a number of other less documented but still claimed compression benefits that include:
 - enhanced agility through better proprioception (the bodies understanding from receptors as to where limbs are replaced)
 - reduced injury risk through muscle containment and wrapping which reduces soft tissue damage from impact in contact sports
 - improved circulation leading to faster muscle warm up and even improved oxygen circulation

A quality compression garment is not just a good tool for training and recovery, but is also advisable as a travel/flight tool to prevent the onset of DVT and reduce the stiffness associated with long haul flights and the cramped environment.