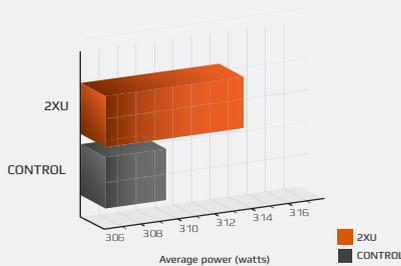


AIS RESEARCH



Recent independent research performed by the Australian Institute of Sport (AIS) has revealed powerful benefits from wearing 2XU Compression.

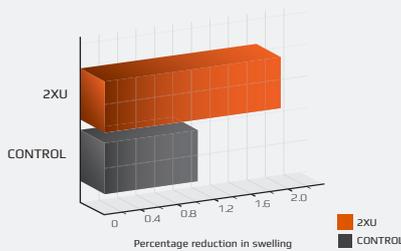
Conducted by the AIS Recovery Team, the study investigated the effects of 2XU's Compression Tights on performance and recovery. Carried out in state of the art AIS facilities, researchers put highly trained cyclists to the test across different key indicators including performance, heart rate, blood lactate, soreness and thigh girth.



IMPROVED PERFORMANCE

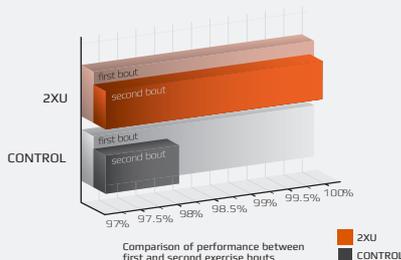
In this study, 12 well trained cyclists completed a VO2max test on a cycle ergometer to establish each individual's peak power output and VO2max. In subsequent testing trials, the cyclists completed a fixed work-rate cycling bout for 15min @ 70% VO2max, followed by a 15min time trial.

As per the graph, there was a significant improvement in time trial performance from wearing the 2XU Compression Tights in comparison to normal cycling shorts. When 2XU Compression Tights were worn by cyclists, average power output increased by 4 watts.



REDUCED SWELLING

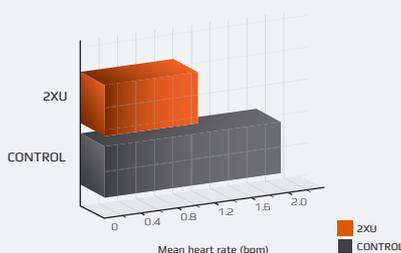
Thigh girth measurements (to indicate swelling) were also taken over the trial. The graph shows thigh girth measurements pre and post recovery period for both trials and indicates a significantly greater reduction in swelling when wearing 2XU Compression Tights during recovery.



MAINTAIN PERFORMANCE BETWEEN BOUTS

In this study, cyclists performed a 10min warm up followed by a 15min cycling bout @70% VO2max, then a 15min time trial. After a 5min warm down, the athletes had 1 hour passive recovery (either with or without wearing 2XU Compression Tights) and then repeated the process.

The above graph shows the percentage drop between the two exercise bouts. The athletes were able to maintain performance in the second exercise bout (-0.1%) better when wearing 2XU Compression during the recovery period. There was a larger drop (-1.79%) when 2XU Compression was not worn during the recovery period.



LOWER HEART RATE

In the same study, mean heart rate (bpm) was measured during the 15min fixed work rate section of the exercise test. The graph shows a significantly lower heart rate during the trials when 2XU Compression Tights were worn.



REDUCTION OF PERCEIVED MUSCLE SORENESS

In the same trials, perceived muscle soreness was taken throughout the session. The graph shows significantly less perceived muscle soreness when wearing 2XU Compression during the recovery period than when it was not worn.