

A man in a grey 2XU compression shirt is performing a pull-up on a bar in a gym. He is leaning forward, gripping the bar with both hands, and his body is suspended in the air. The background shows a gym environment with a green artificial turf floor and a wooden structure.

**2XU** TEAM SPORTS

# ELITE SPORTS COMPRESSION APPAREL

TESTED FOR OPTIMAL > TRAINING > PERFORMANCE > RECOVERY

2XU.COM >

teamwear@2xu.com

# SCIENTIFICALLY ENGINEERED TO BE THE WORLD'S LIGHTEST, MOST POWERFUL & MOST FLEXIBLE COMPRESSION

2XU is the global leader in converting scientific, evidence-based research into the world's best performance enhancing compression garments.

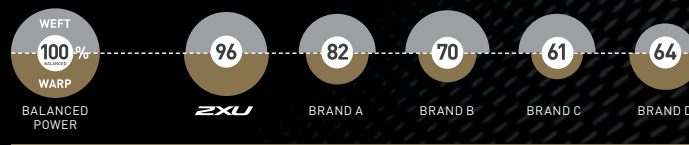
We have scientifically engineered the **LIGHTEST, MOST POWERFUL** and **MOST FLEXIBLE** compression fabric in the world, which retains its strength and integrity well beyond our competitors. Our garments are independently tested at every stage of development to give athletes the ultimate edge in training, performance and recovery. But don't take our word for it. More than a decade of research by the world's leading independent research institutes shows the true biomechanical and physiological benefits of 2XU compression.



## 2XU COMPRESSION FABRIC

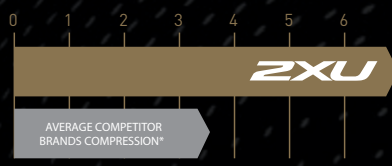
# #1 POWER BALANCE & RESIDUAL STRETCH

WEFT & WARP STRETCH [%]



MORE THAN  
**TWICE**  
THE COMPRESSION POWER  
OF OTHER BRANDS\*

POWER RESULTS (NEWTONS)



\*BASED ON AVERAGE NEWTONS MEASURED FOR 8 COMPETITOR COMPRESSION BRANDS



TRAINING & PERFORMANCE

GAINS OF UP TO **10.6 SECONDS** OVER A 5KM RUN




REDUCES OSCILLATORY PROPERTIES


OF QUADRICEPS, CALVES AND SURROUNDING SOFT TISSUE



REDUCES **HEART RATE** BY UP TO 2.5% FOR EXERCISE BOUTS LASTING UP TO 15mins



**5% ↑ 18%** PEAK POWER GAINS BLOOD FLOW INCREASE TO THE QUADS



DELIVERS **LOWER** MARKERS OF BLOOD CLOTTING IN A MARATHON




**POWER IMPROVEMENT** OF UP TO 1.4% FOR EXERCISE BOUTS UP TO 30 MINUTES

EVEN IMPROVEMENT OF THIS MAGNITUDE MAY INFLUENCE COMPETITION SUCCESS



RECOVERY

**4.8% INCREASE** IN BLOOD LACTATE REMOVAL IN A 60 MINUTE RECOVERY PERIOD



**REDUCED SWELLING** TO THE THIGH BY 1.1cm TO THE CALF BY 0.6cm

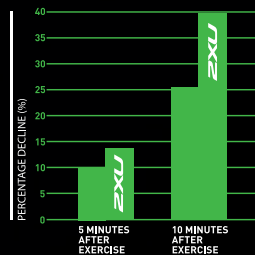
BASED ON GIRTH MEASUREMENT WHEN WORN IN A 60 MINUTE RECOVERY PERIOD



**POWER IMPROVEMENTS** OF UP TO 2% WHEN WORN FOR RECOVERY BETWEEN REPEAT BOUTS OF EXERCISE



**33% IMPROVED RECOVERY** BASED ON PERCENTAGE DECLINE IN BLOOD LACTATE LEVELS



SPEEDS UP RECOVERY	
REDUCED SWELLING	Powerful graduated compression prevents the retention of fluid in tissue by reducing the amount of swelling and by increasing its removal through improved venous return and lymphatic drainage.
REDUCED DOMS	Reduces oscillation and micro-tearing during exercise, and compressing muscle belly after exercise, reduces bleeding within the muscle and thus prevents delayed onset of muscle soreness (DOMS)
FASTER MUSCLE REPAIR	Graduated compression improves blood flow and lymphatic drainage, removing toxins and speeding up muscle repair.

# COMPRESSION FABRIC TECH INFO

## Compression Pressure Measurement Guide

**30-40 mmhg – EXTRA FIRM COMPRESSION**

**20-30 mmhg – FIRM COMPRESSION**

**15-20 mmhg – MODERATE COMPRESSION**

**8-15 mmhg – MILD COMPRESSION**

This information should not be construed as medical advice. Please seek professional advice for any medical conditions for appropriate compression.

Tights and Legs Sleeves	mmhg Rating *	Compression Guide
Power Recovery Tight	25-30 mmhg	FIRM
MCS Cross Training Compression Tights	23-26 mmhg	FIRM
Refresh Recovery Tight	20-25 mmhg	MODERATE/FIRM
TR2/Accelerate/Midrise Compression Tights	22-25 mmhg	MODERATE/FIRM
Flight Compression Tights	15-20 mmhg	MODERATE
Compression Flex Recovery Leg Sleeves	28-33 mmhg	FIRM/EXTRA FIRM
Compression Calf Guards	17-20 mmhg	MODERATE
Tops and Arm Sleeves		
Compression Long Sleeve Top	12-16 mmhg	MODERATE
Compression Short Sleeve Top	12-16 mmhg	MODERATE
Compression Sleeveless	12-16 mmhg	MODERATE
Custom Compression Arm Guards	17-20 mmhg	MODERATE
Socks		
Compression Socks for Recovery	28-33 mmhg	FIRM/EXTRA FIRM
Flight Compression Socks	15-20 mmhg	FIRM/EXTRA FIRM

\* Product mmhg ratings as measured using Salzmann device

RECOVERY



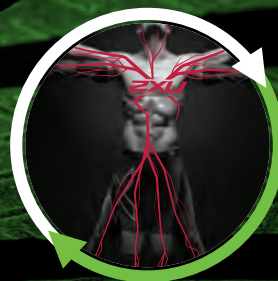
# ULTIMATE RECOVERY

**2XU RECOVERY APPAREL** provides superior gradient compression to stabilize muscles and promote increased blood-flow for faster recovery and return to form. The perfect recovery tool after rigorous training and competition for fresher legs.

**33%** IMPROVED RECOVERY

**33%** REDUCED SWELLING

**20-30** MMHG\*  
GRADUATED COMPRESSION  
PROFILE IN ACCORDANCE  
WITH RAL 2008 CLASSIFICATION



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# RECOVERY COMPRESSION - MENS

## GET YOUR BODY BACK TO PEAK LEVELS IN THE FASTEST POSSIBLE TIME

During training the body can be subject to explosive movements and strain on muscles that can leave you depleted and sore. 2XU graduated compression increases venous return to the heart. This helps with the removal of blood lactate from muscles to return oxygenated blood to the body, help reduce swelling and speed muscle repair for faster recovery.

### POWER RECOVERY TIGHTS

The ultimate compression tights for those wanting to get back to their peak in the fastest possible time. The tight provides over-foot compression for rapid recovery. Engineered with powerful PWX 105D fabric combined with stamping technology to create greater power, and graduated compression to help reduce muscle soreness and overall recovery time. Ideal for powerful short-term wear to maximise recovery (1-3 hours).

### REFRESH RECOVERY TIGHTS

Superior gradient compression to stabilise muscles and promote increased blood flow for faster recovery and return to form. Comfort waistband allows for extended hours of wear. The perfect recovery tool after rigorous training and competition for fresher legs. Ideal for extended wear to maximise recovery (1-6 hours).

**M** MA4417B  
**POWER RECOVERY  
COMPRESSION TIGHTS**



**SIZES:** XS-XXL  
**COLORS:**



BLK GRN



BLK NRO

**M** MA4419B  
**REFRESH RECOVERY  
COMPRESSION TIGHTS**



**SIZES:** XS-XXXL  
**COLORS:**



BLK NRO

**M** MA4423E  
**RECOVERY  
COMPRESSION SOCKS**



**SIZES:** XS-XXL  
**COLORS:**



BLK GRY

**U** UA4427B  
**RECOVERY FLEX  
ARM SLEEVES**



**SIZES:** XS-XL  
**COLORS:**



BLK NRO

**U** UA4425B  
**RECOVERY FLEX  
LEG SLEEVES**



**SIZES:** XS-XL  
**COLORS:**



BLK NRO



# RECOVERY COMPRESSION - WOMENS

## GET YOUR BODY BACK TO PEAK LEVELS IN THE FASTEST POSSIBLE TIME

During training the body can be subject to explosive movements and strain on muscles that can leave you depleted and sore. 2XU graduated compression increases venous return to the heart. This helps with the removal of blood lactate from muscles to return oxygenated blood to the body, help reduce swelling and speed muscle repair for faster recovery.

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**W** WA4418B  
**POWER RECOVERY  
COMPRESSION TIGHTS**



**SIZES:** XS-XL  
**COLORS:**  
BLK GRN

**W** WA4420B  
**REFRESH RECOVERY  
COMPRESSION TIGHTS**



**SIZES:** XS-XL  
**COLORS:**  
BLK NRO

**W** WA4424E  
**RECOVERY  
COMPRESSION SOCKS**



**SIZES:** XS-XL  
**COLORS:**  
BLK GRY

**U** UA4427B  
**RECOVERY FLEX  
ARM SLEEVES**



**SIZES:** XS-XL  
**COLORS:**  
BLK NRO

**U** UA4425B  
**RECOVERY FLEX  
LEG SLEEVES**



**SIZES:** XS-XL  
**COLORS:**  
BLK NRO

TRAINING

# TARGETED MUSCLE SUPPORT

ELITE TRAINING COMPRESSION APPAREL



**MCS**

MUSCLE  
CONTAINMENT  
STAMPING  
TARGETED  
ANATOMICAL  
MUSCLE  
MAPPING



The **MCS** Compression range has been developed with a detailed understanding of the impact training has on the legs, glutes and calves. Muscle stamping supports key muscles against fatigue and strain to transform and enhance your training. Go the distance with more power with the targeted support of MCS Compression technology.

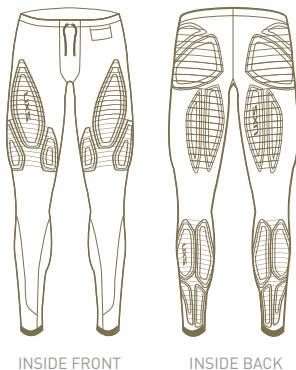
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# MCS TRAINING COMPRESSION

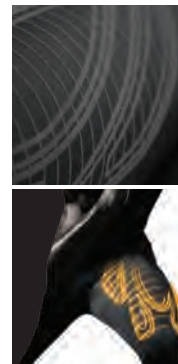
## MCS ( MUSCLE CONTAINMENT STAMPING )

A revolutionary fabric support system traced over key muscle, tendon and fascia groups with targeted compression technology to wrap precise areas to further reduce muscle oscillation and damage. The advanced engineering provides greater compression power without excessive bulk.



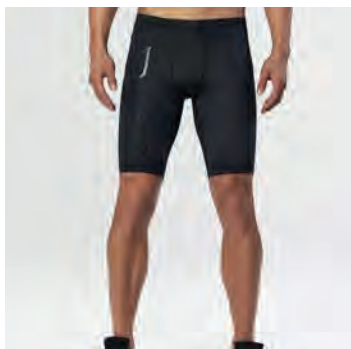
**TARGETED ANATOMICAL MUSCLE MAPPING**


- / Quads
- / Glutes
- / Hamstrings
- / Calves



### MENS


**M** MA5366B  
**MCS CROSS TRAINING COMPRESSION SHORTS**



**SIZES:** XS-XXL  
**COLORS:**  
  
 BLK NRO

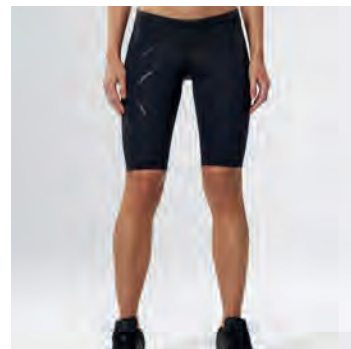
**M** MA5365B  
**MCS CROSS TRAINING COMPRESSION TIGHTS**




**SIZES:** S-XXL  
**COLORS:**  
  
 BLK NRO

### WOMENS


**W** WA3061B  
**MCS ELITE COMPRESSION SHORTS**



**SIZES:** XS-XL  
**COLORS:**  
  
 BLK NRO


**W** WA5367B  
**MCS CROSS TRAINING BONDED MID-RISE COMPRESSION TIGHTS**



**SIZES:** XS-XL  
**COLORS:**  
  
 BLK GOLD

**W** WA5368B  
**MCS CROSS TRAINING BONDED MID-RISE 3/4 TIGHTS**



**SIZES:** XS-XL  
**COLORS:**  
  
 BLK GOLD

TRAVEL

# TRAVEL



## 2XU GRADUATED COMPRESSION

The 2XU Travel range delivers the highest grade graduated compression. This powerful compression fits firm (15 - 20mmHg) to improve blood flow and lymphatic drainage, removing blood lactate and speeding up muscle repair. These benefits are further enhanced by graduated stamping technology and overfoot compression to accelerate muscle recovery.

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# TRAVEL

IMPROVE CIRCULATION AND SPEED UP MUSCLE REPAIR WITH THE **NEW** 2XU TRAVEL RANGE.

2XU TECHNOLOGY //

## 2XU GRADUATED COMPRESSION

The 2XU Travel range delivers the highest grade graduated compression. **This powerful compression fits firm (15-20mmHg) to improve blood flow and lymphatic drainage, removing blood lactate and speeding up muscle repair. These benefits are further enhanced by graduated stamping technology and overfoot compression to accelerate muscle recovery.**

## POLYGIENE

Polygiene is permanently intergrated into fabric to provide lifetime anti-odour by preventing the growth of odour-causing bacteria and fungi. Garments last longer due to the reduction in bacteria and excessive washing.

**M** MA5645B  
**FLIGHT COMPRESSION  
TIGHTS**



**SIZES:** XS-XXL  
**COLORS:**



BLK

**W** WA5643B  
**FLIGHT COMPRESSION  
TIGHTS**



**SIZES:** S-XXL  
**COLORS:**



BLK

**U** UA5689E  
**FLIGHT ULTRA LIGHT  
CUSHION COMPRESSION SOCKS**



**SIZES:** S-XXL  
**COLORS:**



BLK

**U** UA5688E  
**FLIGHT LIGHT  
CUSHION COMPRESSION SOCKS**



**SIZES:** XS-XL  
**COLORS:**



BLK



CUSTOM COMPRESSION  
PROGRAM



RESEARCH AND  
DEVELOPMENT PARTNER



AIS

# ELITE SPORTS COMPRESSION

COLORED CUSTOM COMPRESSION FOR  
THE OUTPERFORMERS



Customize your compression to your team colors.  
Wear under uniform during practice and games to  
increase performance and reduce muscle soreness.  
Add team logos or order your compression blank  
to stay compliant.

**2XU**  
HUMAN PERFORMANCE. MULTIPLIED.

teamwear@2xu.com

- 7-9 week delivery
- Minimum 10 per style; 20 total
- With or without 2XU logos

# CUSTOM PERFORMANCE COMPRESSION - MEN'S

IDEAL FOR BOTH HIGH AND LOW IMPACT TRAINING & COMPETITION

## COMPRESSION BENEFITS

- Reduced muscle fatigue and soreness
- Reduced muscle damage and risk of overuse injuries
- Improved performance
- Improved muscle alignment
- Increased agility
- Faster recovery

## GARMENT FEATURES

01. Compression support to adductor, glute, quad and hamstring muscles to reduce muscle vibration
02. PWX 70D front and 105D back panels (PWX 70D only or Sleeves and Sleeveless Top)
03. Tights & Shorts feature 2XU accelerate waistband for comfort
04. Flatlock seams to reduce chafing

## FABRIC BENEFITS

01. Lightweight yet powerful PWX fabrics
02. Durable yarns that outlasts the competition
03. Multi-directional stretch
04. Flexible & breathable
05. Moisture wicking yarns to help keep you dry
06. Antibacterial

**M** MAX4656B  
**ACCELERATE CUSTOM COMPRESSION SHORTS**



**SIZES:** XXS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**M** MAX4655B  
**ACCELERATE CUSTOM COMPRESSION 3/4 TIGHTS**



**SIZES:** XS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**M** MAX4654B  
**ACCELERATE CUSTOM COMPRESSION TIGHTS**



**SIZES:** XS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**M** MAX4657A  
**CUSTOM COMPRESSION LONG SLEEVE**



**SIZES:** XS-XXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**M** MAX4658A  
**CUSTOM COMPRESSION SHORT SLEEVE**



**SIZES:** XS-XXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**M** MAX4659A  
**CUSTOM COMPRESSION SLEEVELESS TOP**



**SIZES:** XS-XXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**U** UAX4660A  
**CUSTOM COMPRESSION ARM GUARDS**



**SIZES:** XS-XXL **SOLD IN PAIRS**  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**U** UAX4760B  
**CUSTOM COMPRESSION CALF GUARDS**



**SIZES:** XS-XXL **SOLD IN PAIRS**  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

\*LOGOS WILL REMAIN ON ALL WAISTBANDS

teamwear@2xu.com



- 7-9 week delivery
- Minimum 10 per style; 20 total
- With or without 2XU logos

# CUSTOM PERFORMANCE COMPRESSION - WOMEN'S

IDEAL FOR BOTH HIGH AND LOW IMPACT TRAINING & COMPETITION

## COMPRESSION BENEFITS

- Reduced muscle fatigue and soreness
- Reduced muscle damage and risk of overuse injuries
- Improved performance
- Improved muscle alignment
- Increased agility
- Faster recovery

## GARMENT FEATURES

01. Compression support to adductor, glute, quad and hamstring muscles to reduce muscle vibration
02. PWX 70D front and 105D back panels (PWX 70D only or Sleeves and Sleeveless Top)
03. Tights & Shorts feature 2XU accelerate waistband for comfort
04. Flatlock seams to reduce chafing

## FABRIC BENEFITS

01. Lightweight yet powerful PWX fabrics
02. Durable yarns that outlasts the competition
03. Multi-directional stretch
04. Flexible & breathable
05. Moisture wicking yarns to help keep you dry
06. Antibacterial

**W** WAX4753B  
**MID-RISE  
COMPRESSION TIGHTS**



**SIZES:** XXS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**W** WAX4754B  
**MID-RISE COMPRESSION  
3/4 TIGHTS**



**SIZES:** XS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**W** WAX4755B  
**MID-RISE  
COMPRESSION SHORTS**



**SIZES:** XS-XXXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**W** WAX4759A  
**CUSTOM COMPRESSION  
LONG SLEEVE**



**SIZES:** XS-XXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**W** WAX4814A  
**CUSTOM COMPRESSION  
SHORT SLEEVE**



**SIZES:** XS-XXL  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**U** UAX4660A  
**CUSTOM COMPRESSION  
ARM GUARD**



**SIZES:** XS-XXL **SOLD IN PAIRS**  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

**U** UAX4760B  
**CUSTOM COMPRESSION  
CALF GUARDS**



**SIZES:** XS-XXL **SOLD IN PAIRS**  
**COLORS:**  
RYB Nvy RED BLK WHT GLD FRST

\*LOGOS WILL REMAIN ON ALL WAISTBANDS



- 7-9 week delivery
- Minimum 10 per style; 20 total
- With or without 2XU logos



## FABRIC COLORS

Choose from these seven fabric colors to create customized compression garments, which best represent your team.



## BRANDING PRINT COLORS

Customize your compression garments further by selecting one of 15 available screen print colors for the 2XU and the 'X'-device' branding.



## STITCHING COLORS

Add a point of difference to your design by selecting one of 15 available colors for your flatlock stitching.



**2XU**  
HUMAN PERFORMANCE. MULTIPLIED.

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[teamwear@2xu.com](mailto:teamwear@2xu.com)