

Compression Wear:

Keep warm
Train longer & harder
Recover sooner

What is Compression Wear?

Compression wear is clothing that provides constant pressure to your body while regulating heat and moisture. Your body responds to "being compressed" by pumping blood stronger, which improves circulation and increases the flow of oxygen and nutrients into your muscles. This improves your performance before, during and after exercise.

Made of Elastane-based fabrics, compression wear is tight fitting and forms a second skin - much like a wet suit, but not as heavy. It can be worn on its own, or under other clothing.

Who uses Compression Wear?

Athletes use compression wear across a range of sports including cycling, rugby, netball, basketball, boxing, triathlon, cricket and hockey. And it's not just for when they are competing – they use it to aid in the preparation before, and recovery after physical exercise.

You do not need to be a world-class athlete to reap the benefits from compression wear:

- Do you get sore muscles after training?
- How about injuries from not warming up properly?
- Do you get cold when teaching classes?
- Do you want to get more out of a training session, pushing your body to new levels of performance?

If any of these are true for you, then read on...



What are the benefits?

Wearing compression wear before exercise **keeps your muscles warm** and in a state of readiness, so your body can react quickly to warm-up activities.

During exercise, it **traps a layer of sweat** between your skin and the fabric. The reason we sweat is to regulate our body temperature, so when sweat falls away from our skin it is no longer serving this purpose. Keeping it against your skin and away from your clothes (which can quickly become wet, heavy rags!) lets it do its job. You'll feel like your sweating more, but you're actually sweating less – helping **keep you hydrated**.

Another benefit during exercise is it **raises your core temperature to its optimal level** sooner. Normally it takes intense exercise to get your body up to the temperature range for optimal performance. With compression wear you hit this range much sooner, and having expended less effort to get there. So you are able to **operate at your optimal level, for longer**.

Our body needs all the help it can get to recover after exercise – warm down, stretch, hydrate, and rest. And even if you do all of this, after a good training session lactic acid and other bi-products will form in your muscles, giving you that "sore muscles" feeling for days.

The simple way to remove lactic acid is to do light exercise, move the muscles etc. What you are actually doing is promoting blood flow through the muscles, which carries the lactic acid away.

This is wear compression wear comes into its own. Wearing it after exercise keeps the blood pumping, having the same effect as doing the light exercise but you can do it immediately – even while you sleep! This **drastically reduces muscle soreness, and recovery time**.

My personal experience after training and recovering in compression wear for a full week was it removed all muscle soreness, allowing me to train day after day without any side effects from previous sessions. Eventually my body cried enough, not from soreness, but from pure fatigue – I was able to push it to new limits I had never reached before!



Concealed Compression Wear

Most compression wear cannot be used by martial artists as it can be seen under their uniform, which is unacceptable in most styles.

This is where the **Sapius Intensify** range of compression wear comes in. With white fabric, a low neckline and shorter sleeves and pants, you can wear Sapius Intensify compression wear under your uniform (and other clothes) without anyone knowing it's there.



What additional benefits does Sapius Intensify offer martial artists?

In addition to the benefits above:

- **Sweat gets trapped against your skin, not in your uniform.** No more dripping and slipping on the floor; no more carrying a pile of wet rags on your shoulders!
- **Greater freedom of movement.** Friction is minimised between your skin and the fabric, thanks to the compression wear layer in the middle.
- **Keep warm and ready** between sessions. A reality of teaching is you're not as active as your students in the class. Sapius compression wear keeps you warm – and they'll never know!
- **Wear all the time.** The concealed design means you can wear it to work, school or play under your regular clothes, taking every opportunity to help your body recover.

What sizes and options are available?

Sapius compression wear tops are available in men's sizes S, M, L, XL and 2XL. Pants are available in the same sizes, but are also suitable for women.

Sapius are also developing a women's top, working through how to make one fit with other undergarments and protective gear.

Two fabrics options are currently available: *Lite*, and *Intense*. *Lite* has more stretch and less compression, for those who just want the benefits of having a second layer to keep heat and sweat in. *Intense* is a heavier fabric for maximum compression and heat retention.

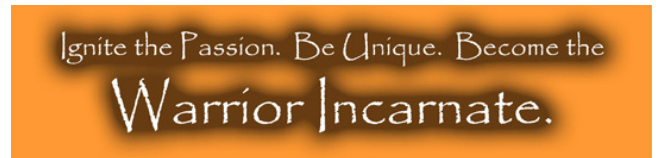
Feedback from other martial artists

"The compression wear is brilliant, invisible, practical and beneficial."

"I've been wearing it all the time. I would have loved them during the past cold winter!"

"The compression wear keeps your muscles warm, keeps the sweat in, and can't be seen under your uniform. Great when you are training or instructing!"

"It's good for keeping me warm during morning/evening runs, and for weight training. I also wear it after training - it works wonders!"



Karate Uniforms & Concealed Compression Wear

<p>Ignite Ribbed Lightweight Gi Pre-shrunk 9oz Ribbed Polycotton Fast, light, unrestricted movement. Looks good & promotes airflow.</p> <p>\$84.95 0 / 130cm to 7 / 200cm</p>	<p>Incarnate Brushed Canvas Gi Pre-shrunk 12oz 100% Cotton More snap & extra durable. Simply awesome.</p> <p>\$149.95 0 / 130cm to 7 / 200cm</p>	<p>Intensify Compression Wear Skin-light Elastane/Polycotton blend Improve circulation, performance & recovery. Keep warm, stay dry.</p> <p>Top \$84.95 Pants \$69.95 S, M, L, XL, 2XL</p>
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Incarnate Online Martial Arts Equipment Store
Ignite the Passion. Be Unique. Become the Warrior Incarnate.

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