

THE YELLOW BOOK OF
COMPRESSION

SKINS™

DNAmic GRADIENT COMPRESSION

Compression applied across the major muscle groups, with the highest pressure exerted at the lower calf or forearm, gradually decreasing towards the heart.

The compression is applied in a targeted dynamic manner for superior performance and maximum comfort.

All of the illustrations included in this document have been adapted from peer reviewed study's. The illustrations are for education purposes only.



SKINS COMPRESSION

BENEFITS

Endurance

THIS MEANS...

More power, more speed,
for longer.

High Intensity Exercise

Better maintenance of sprint
speed, over and over again.

Explosive Power

Enhanced performance of
repeated explosive movements.

Body Stability & Awareness

Better body control and
movement execution.

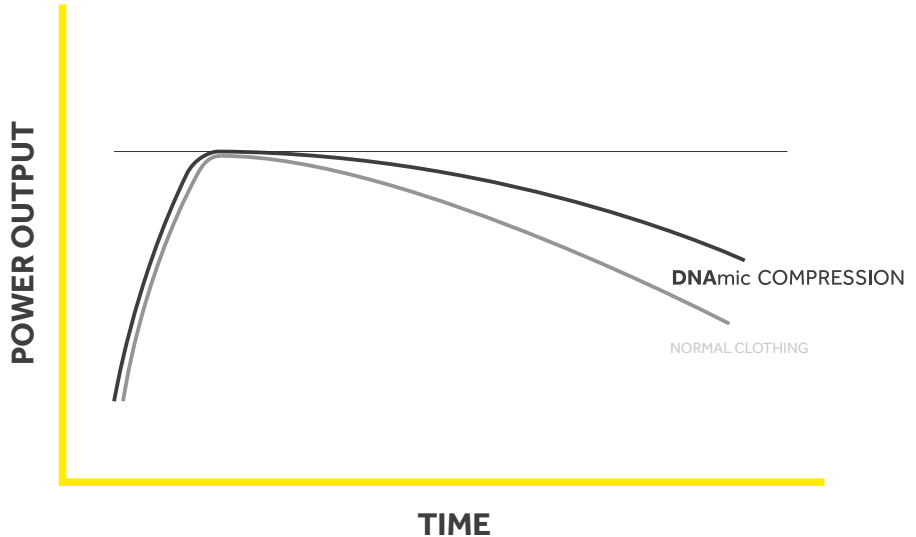
Recovery

Reduced soreness and increased
readiness to go again sooner.



GREATER POWER

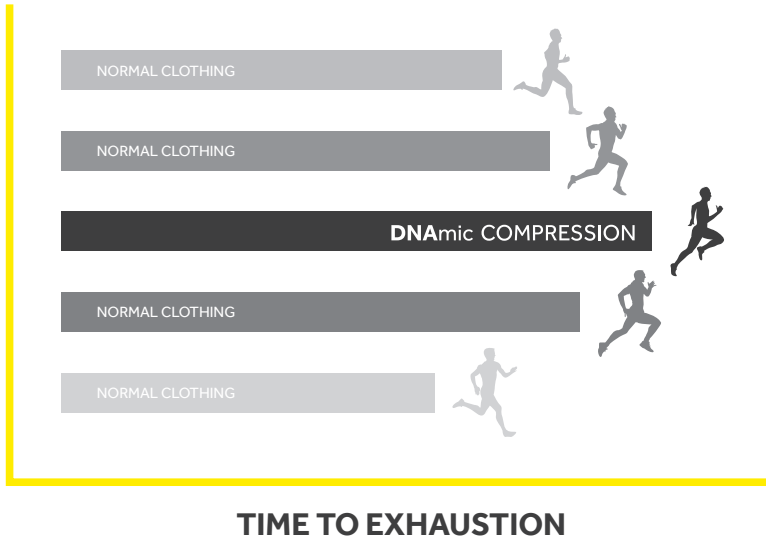
Endurance



SKINS have been shown to help runners and cyclists sustain a higher power output when exercising for a fixed distance or time.

PERFORM LONGER

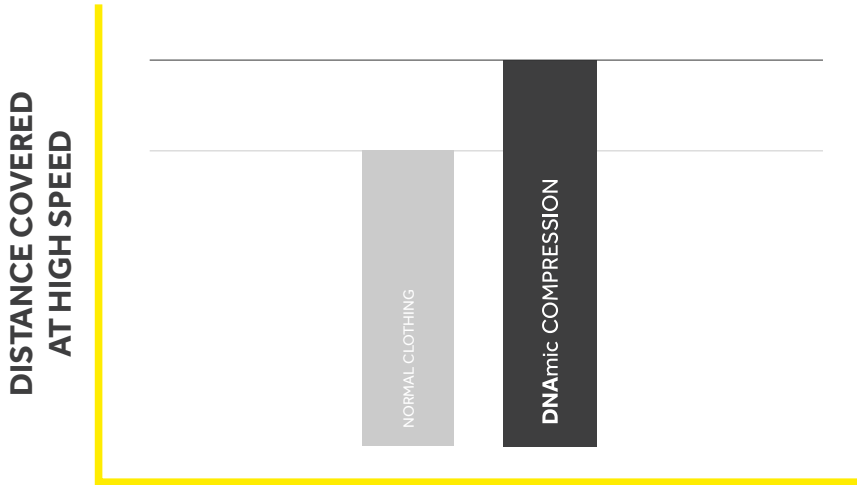
Endurance



SKINS have been shown to help runners and cyclist to exercise for longer, before fatigue, at sub-maximal intensities.

INCREASED DISTANCE

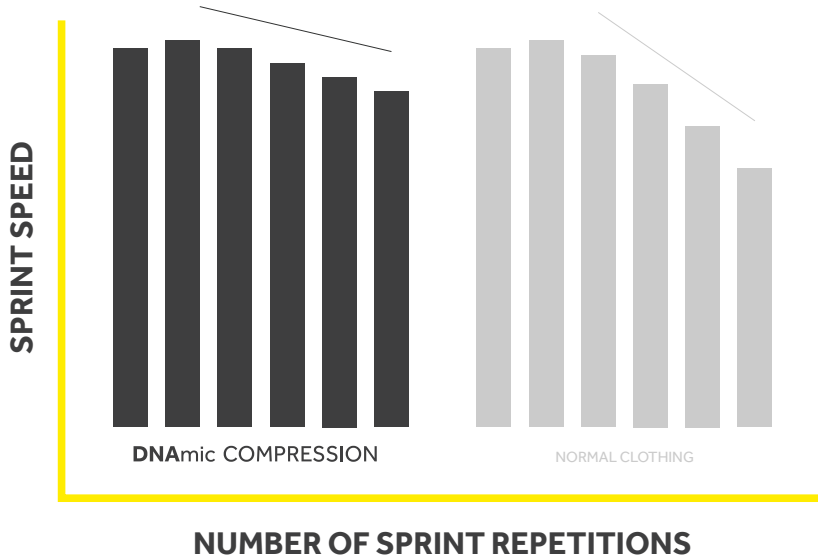
Endurance



SKINS have been shown to help team sport athletes cover greater distance at high intensities on the sports ground.

REDUCED FATIGUE

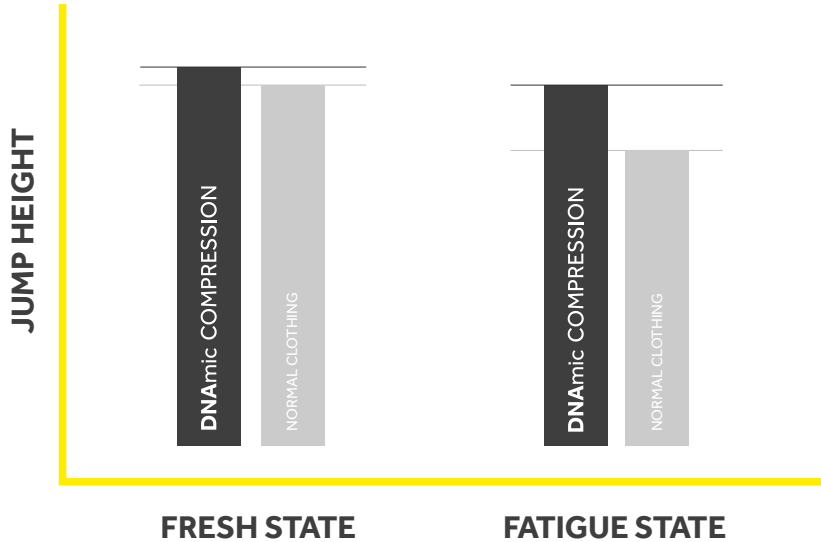
Endurance



SKINS are proven to improve repeated sprint performance. The ability to go again time after time.

IMPROVED POWER

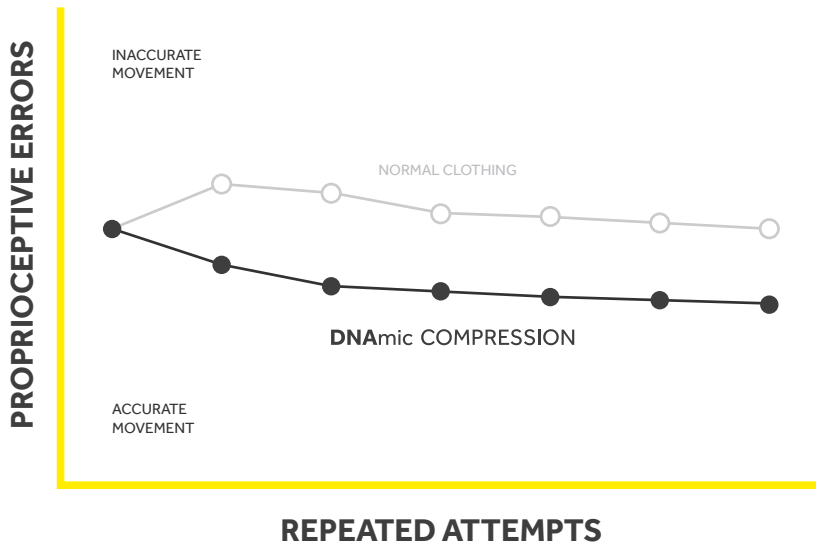
Explosive power



SKINS are proven to improve repeated jump performance, fresh or fatigued. The ability to jump higher, time and time again.

IMPROVED PROPRIOCEPTION

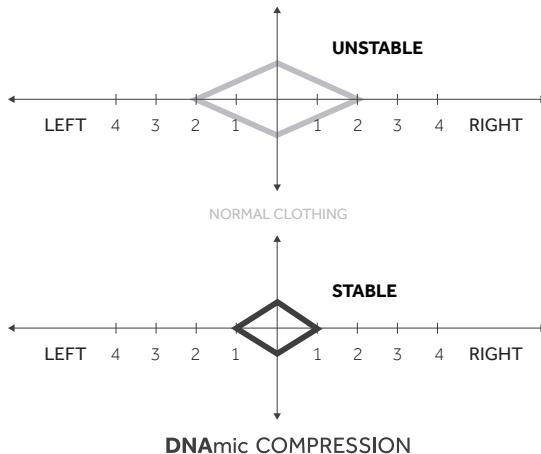
Body awareness



SKINS are proven to improve proprioception enabling better accuracy of movement and reduced risk of injury.

REDUCED VIBRATION

Muscle stability

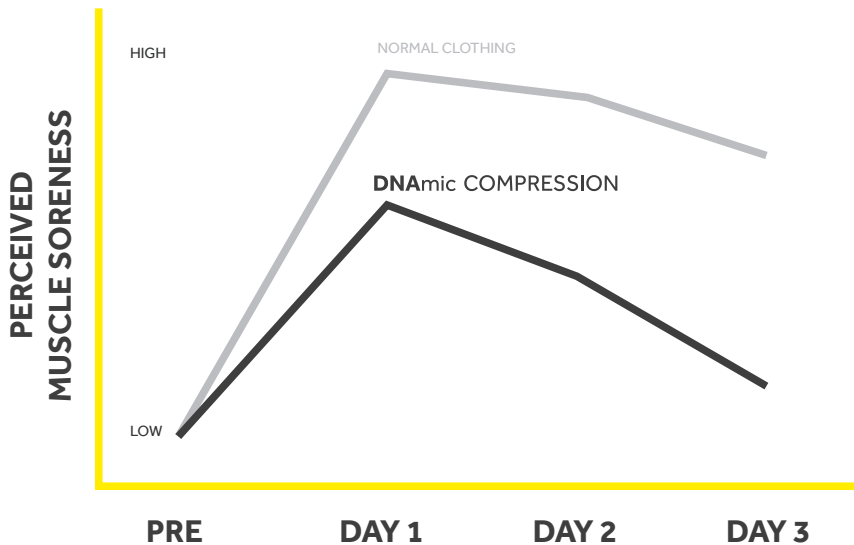


MUSCLE VIBRATION (cm)

SKINS are proven to reduce muscle vibration for more efficient movements, stability and reduced risk of injury.

MUSCLE SORENESS

Recovery



SKINS are proven to reduce muscle soreness after exercise, and increase the readiness to train again, sooner.

PHYSIOLOGY TO PROVE

PERFORM BETTER

Increased blood flow velocity

Increased muscle oxygenation

Improved running economy

Reduced blood lactate

RECOVER FASTER

Reduced swelling

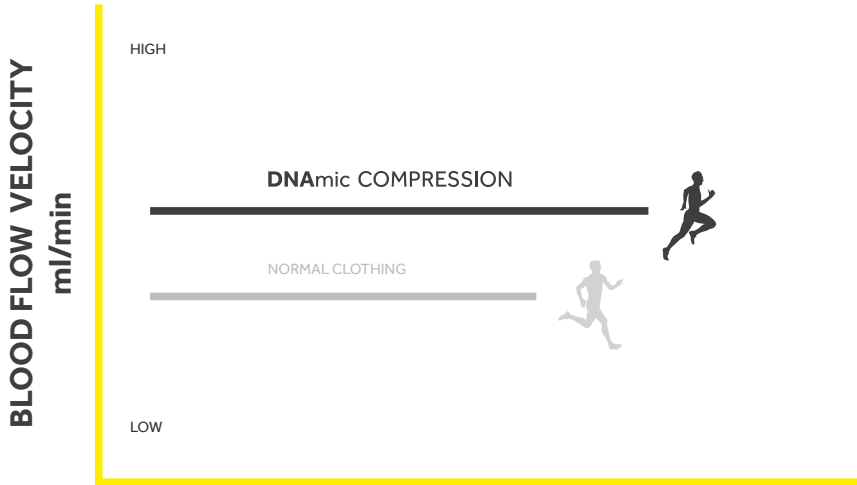
Reduced markers of
muscle damage

Increased range of movement



BLOOD FLOW

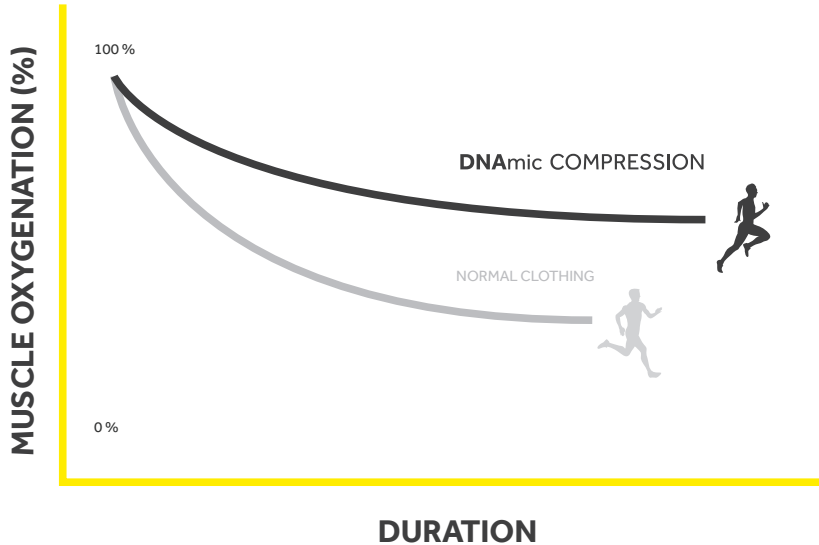
Perform Better



SKINS are proven to increase speed of blood flow, helping to transport oxygen and remove waste products in the muscle.

MUSCLE OXYGENATION

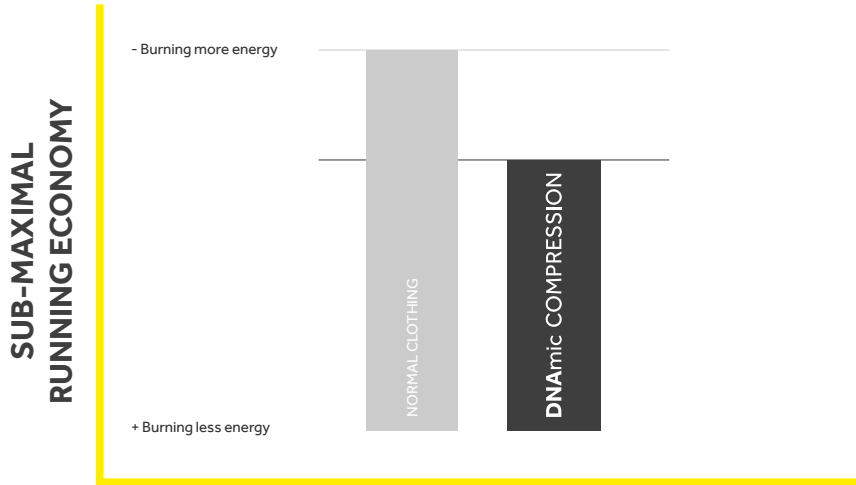
Perform Better



SKINS are proven to increase the amount of oxygen available to the muscle during exercise meaning greater energy availability.

EXERCISE ECONOMY

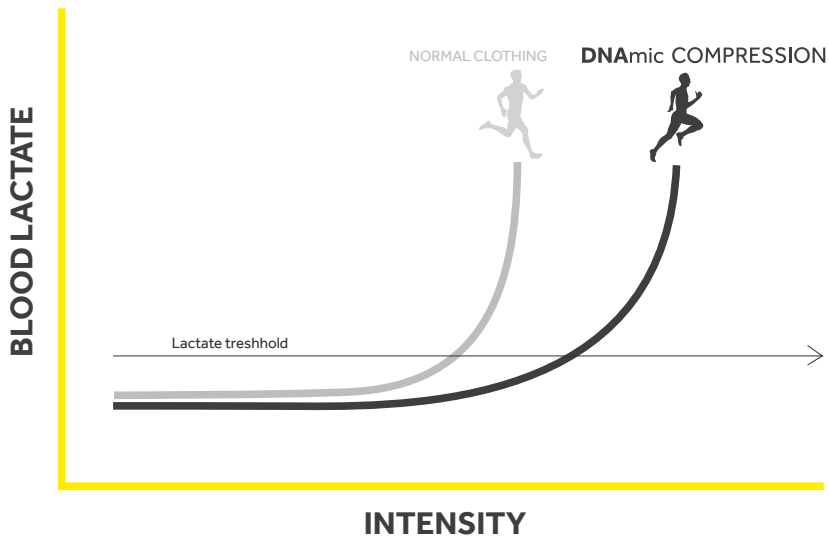
Perform Better



SKINS are proven to improve running economy. That means a lower energy cost at a given speed enabling you to exercise harder.

BLOOD LACTATE

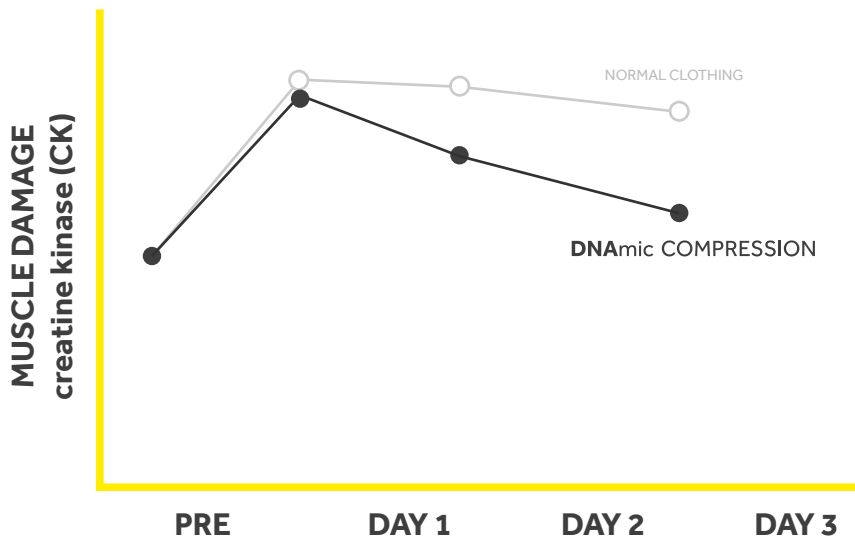
Perform Better



SKINS are proven to reduce blood lactate build up during exercise thereby delaying fatigue.

MUSCLE DAMAGE

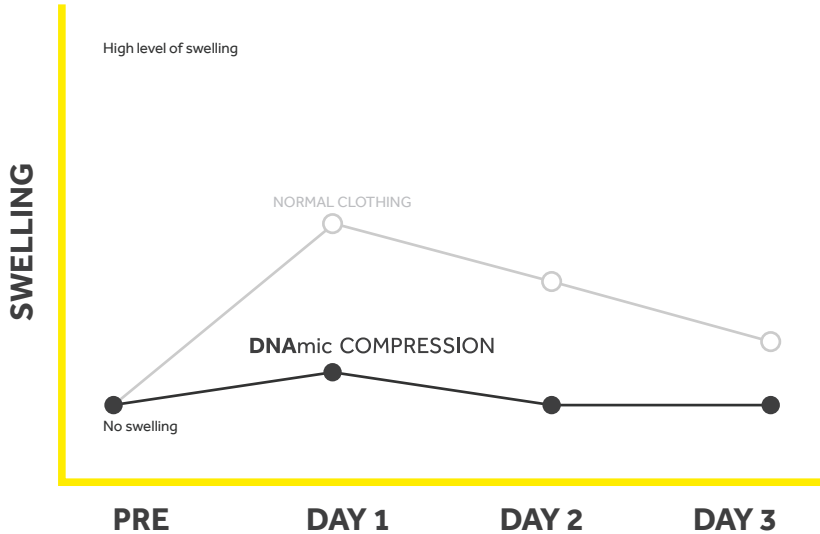
Recover Faster



SKINS are proven to reduce markers of muscle damage (CK) post exercise.

SWOLLEN LIMBS

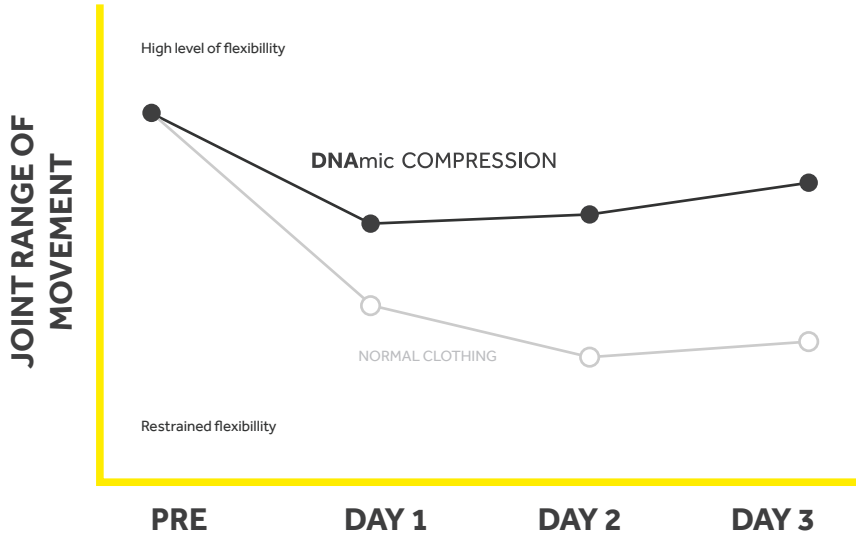
Recover Faster



SKINS are proven to reduce the build up of fluid and swelling post exercise.

RANGE OF MOTION

Recover faster



SKINS are proven to increase post-exercise flexibility so you feel fresher, sooner.

FABRIC TECHNOLOGIES

WARP-KNIT

SKINS Compression garments are built from stable warp-knit fabrics. Warp knit fabrics are made on a flat-bed knitting machine, compared to the circular knit machine that gives an unstable construction.

STRETCH RECOVERY

SKINS Compression builds fabric with superior stretch recovery in order to give the best compression function. The stretch recovery also extends the lifetime of the garment when the compression function is preserved over longer periods.

FIBRES & YARNS

SKINS fabric use high end fibres to build the best fabrics. Our mid to high-end product range is built from Nylon yarns that bring a range of positive benefits for athletes like quick dry, durability and improved odour compared to other synthetic fibers.

COMFORT

With the right micro climate, we offer the highest comfort through optimal moisture management. The moisture management is generated through the fiber and the construction offering superior mechanical wicking. We want to avoid chemicals close to your body, and also to preserve our planet.

skins.net/compression

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