

## **No1 Recovery room**

### **TRAIN HARD, RECOVER SMART!**

**The Air Relax pneumatic compression system is designed to help you with peak performance.**

**Recover faster, increase circulation, reduce muscle soreness, fatigue and inflammation.**

**Become the best athlete you can be with the ultimate recovery tool in sport!**



#### **KEY BENEFITS OF COMPRESSION THERAPY:**

- #Improves your range of motion
- #Reduces recovery time and accelerates warm-up time
- #Clears the muscles of lactic acid and reduces fatigue
- #Increases blood circulation and oxygen distribution
- #Releases muscle stiffness and soreness
- #Increases sporting performance and everyday fitness

## **IMPROVE BLOOD CIRCULATION**

Recovery Boots improves regional blood flow in the target area and helps remove lactic acid and waste products, thus significantly speeding up recovery time.



## **REDUCE SWELLING AND INFLAMMATION**

Compression therapy has been shown to reduce tissue swelling and inflammation whilst boosting oxygen distribution so you can train more and harder. Reduce lactic acid build-up and boost oxygen distribution to significantly speed up recovery times



## **IMPROVES PAIN THRESHOLD**

Pneumatic pulse dynamic compression has been shown to enhance an athletes pain-to-pressure threshold, so you can train your muscles harder for longer



## **TRAIN HARDER AND MORE**

Regular compression therapy after training has been shown to improve an athlete's range of motion and flexibility, significantly increase performance in both sport and everyday fitness



## **REDUCE FATIGUE AND INJURY RISK**

Intermittent pneumatic compression removes waste products and helps to reduce injury risk and delayed onset muscle soreness (DOMS)



## IMPROVE PERFORMANCE

The combines benefits of compression therapy (promotes blood circulation, oxygen distribution, helps clear lactic acid, reduces muscles soreness, stiffness and fatigue) makes it an essential part of every athlete's and club's regime



### How this is works.

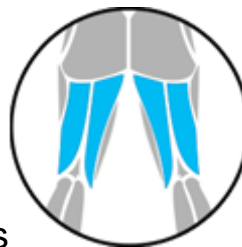
The dynamic compression system with boots, have various chambers which inflate and deflate with air pumped by the compressor such that the chamber of the garment applies direct pressure to the muscle area shown in the diagrams below. The compression temporarily restricts blood circulation to the area and upon release, nutrient-rich blood rushes through the muscle tissue. The compression technique improves blood circulation, promotes lymphatic fluid movement, helps remove lactic acid, reduces inflammation, soreness, stiffness and improves flexibility thus stimulating recovery and enhancing performance. The system has been designed around the athlete's performance and their recovery, based on scientific studies.



Quads



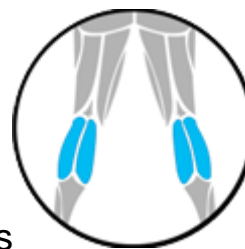
Adductors



Hamstrings



Shins



Calves



Feet

### Prices:

15 minutes cost 15€ members, 20€ none members

30 minutes cost 20€ members, 25€ none members

45 minutes cost 25€ members, 30€ none members