

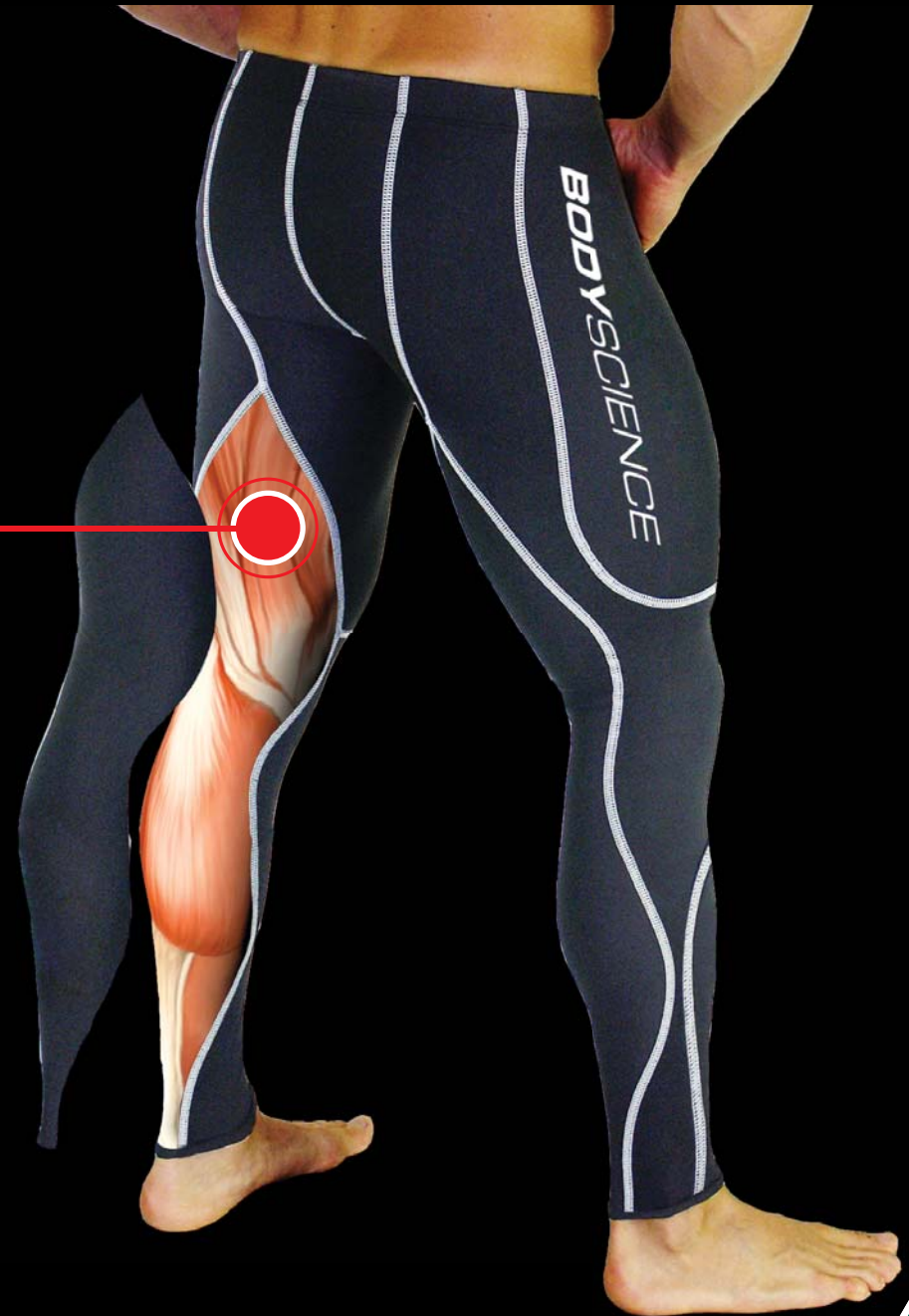
WHAT SETS BSC TARGETED COMPRESSION APART FROM THE REST?

- » Revolutionary **BSc Targeted Compression**, follows the main muscle structure of the body intersecting at key muscle points
- » Compression is Targeted at individual muscle groups
- » BSc Patented **Targeted Compression** offers free movement with the contours of the human body
- » The body becomes a more efficient machine and soft tissue injury diminishes
- » Scientific studies into athletic performance using **BSc Targeted Compression** has resulted in superior gains in athletic performance, the likes of which have never been seen before.
- » This is particularly found in the case of reducing injury, improving performance and facilitating recovery

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» HAMSTRINGS

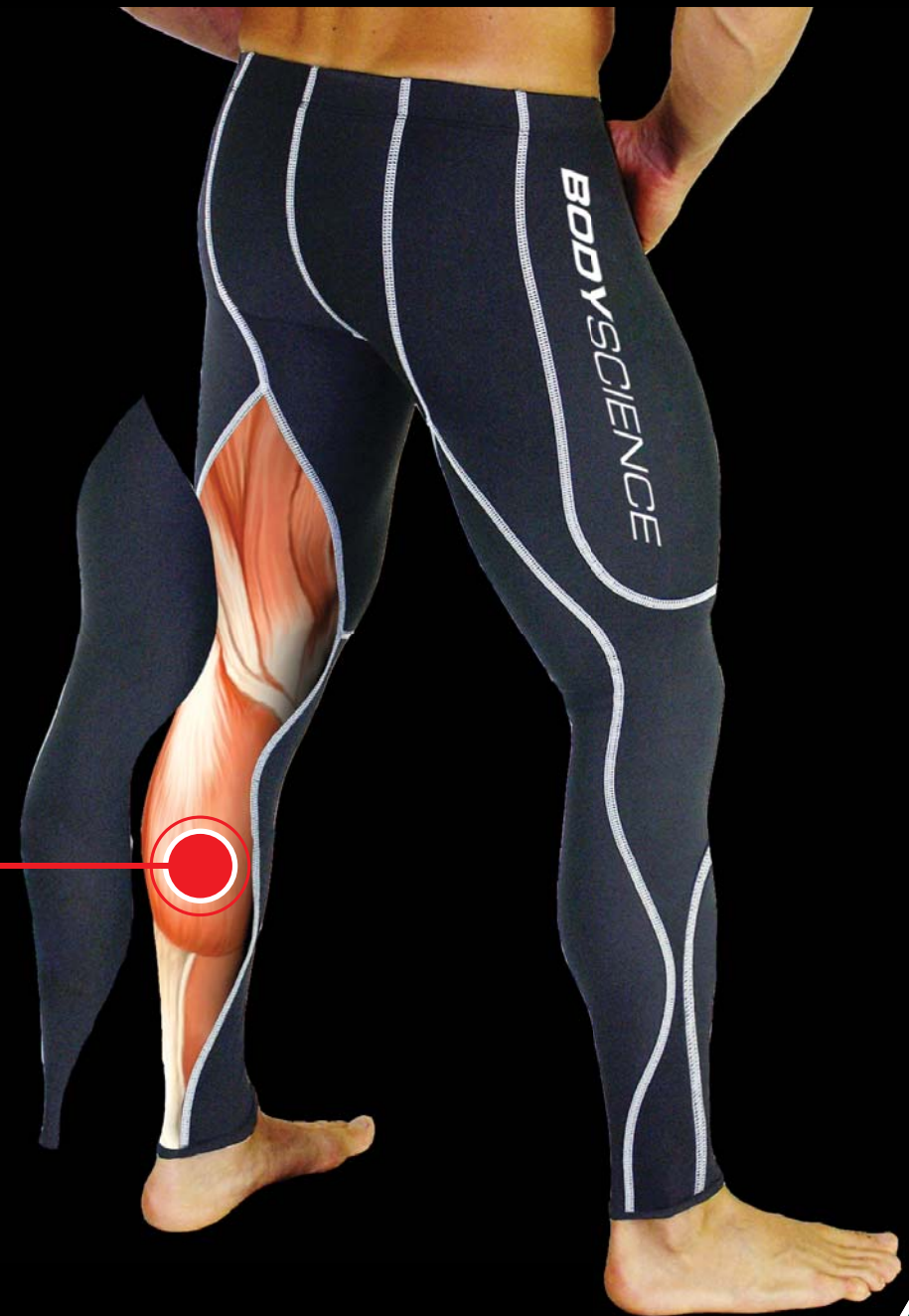
A complex muscle in design, the Hamstrings consists of 3 muscles which are predominantly responsible for flexion of the knee and extension of the thigh making it a central muscle in athletic disciplines. The cut of BSc targeted compression hamstring panel has been designed to keep these 3 muscles in line and at optimal position. This allows a reduction in the delayed onset of muscle soreness (DOMS) by accelerating the inflammatory and repair timeframe within the muscle.



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» CALF MUSCLE

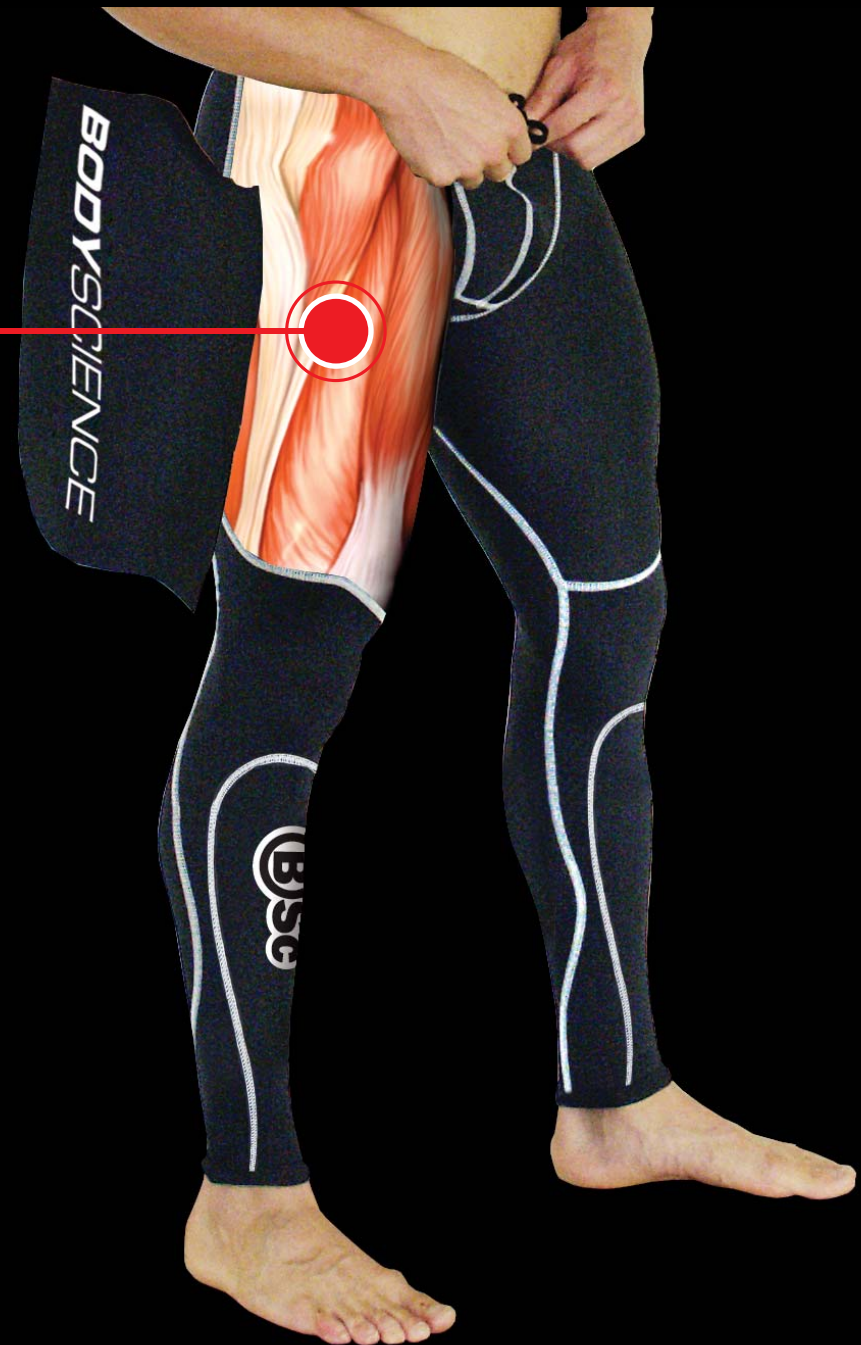
Often described as the heart muscle of the legs due to its continual venous return, the Calf Muscle is often responsible for dynamic plantar flexion, an important component of any explosive activity of the leg. The cut and panel arrangement of BSc targeted compression garment allows the ultimate in graded compression to this key muscle group allowing an enhancement in blood flow and reduction in lactic acid accumulation to the lower leg while reducing muscle vibration across this muscle group.



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» QUADRICEPS

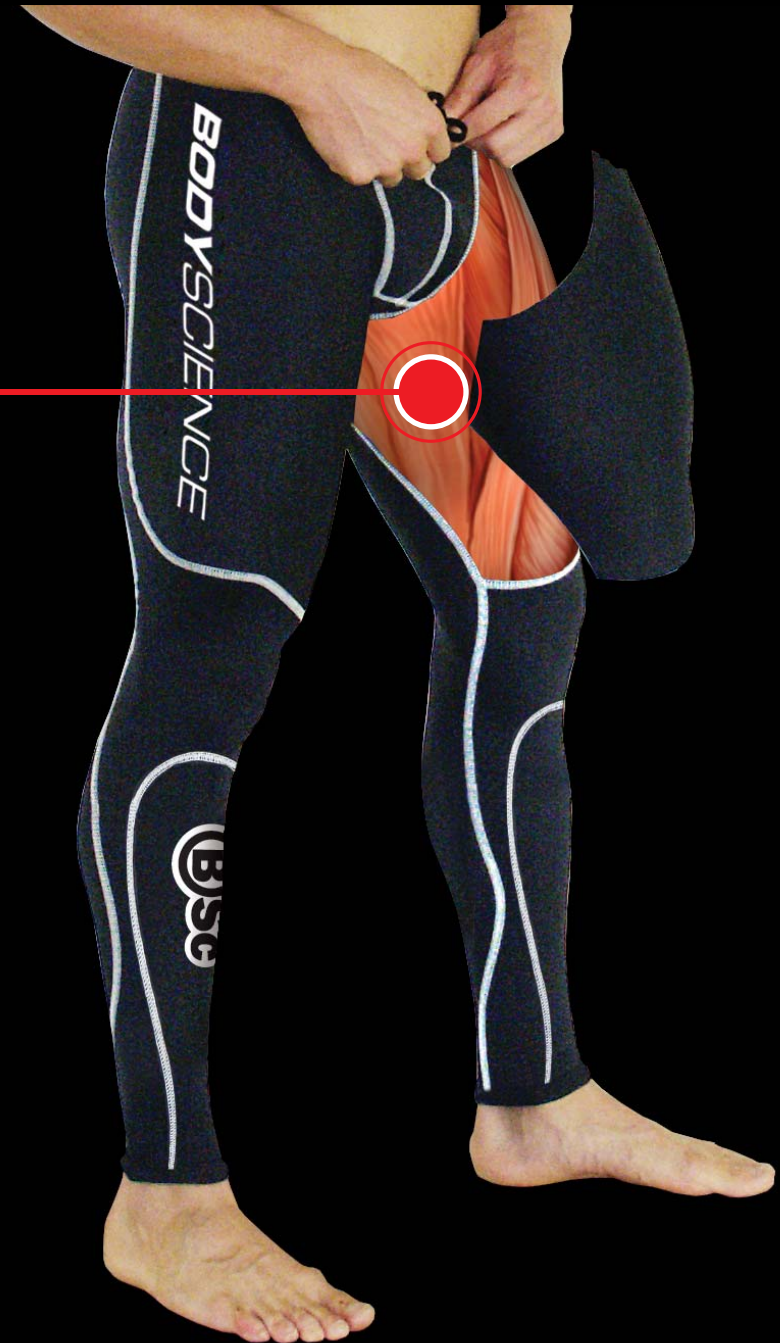
The action of running involves constant movements between extension and flexion causing a great degree of oscillatory movement to occur in skeletal muscles particularly the quadriceps as they are forced to accelerate, decelerate and absorb impact shocks. The panel arrangement implemented by BSc targeted compression garment acts to enclose each of the 4 Quadriceps muscles like a sheath significantly reducing longitudinal and anterior-posterior muscle oscillation ultimately aiding muscle recovery post exercise.



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» ADDUCTORS

The Adductors or Groin consists of 4 muscles which are responsible for Adduction, hip flexion and lateral rotation of the thigh. Groin Strains are quite common with these muscles due to muscles becoming hypertonic with use and when stretched often tear. BSc targeted compression panels have been designed to increase groin proprioception via greater feedback from skin proprioceptors as a consequence of the tactile interaction between the garments and the skin surface while also enhancing the core muscle temperature, ultimately resulting in fewer incidents of injury.



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» SHINS

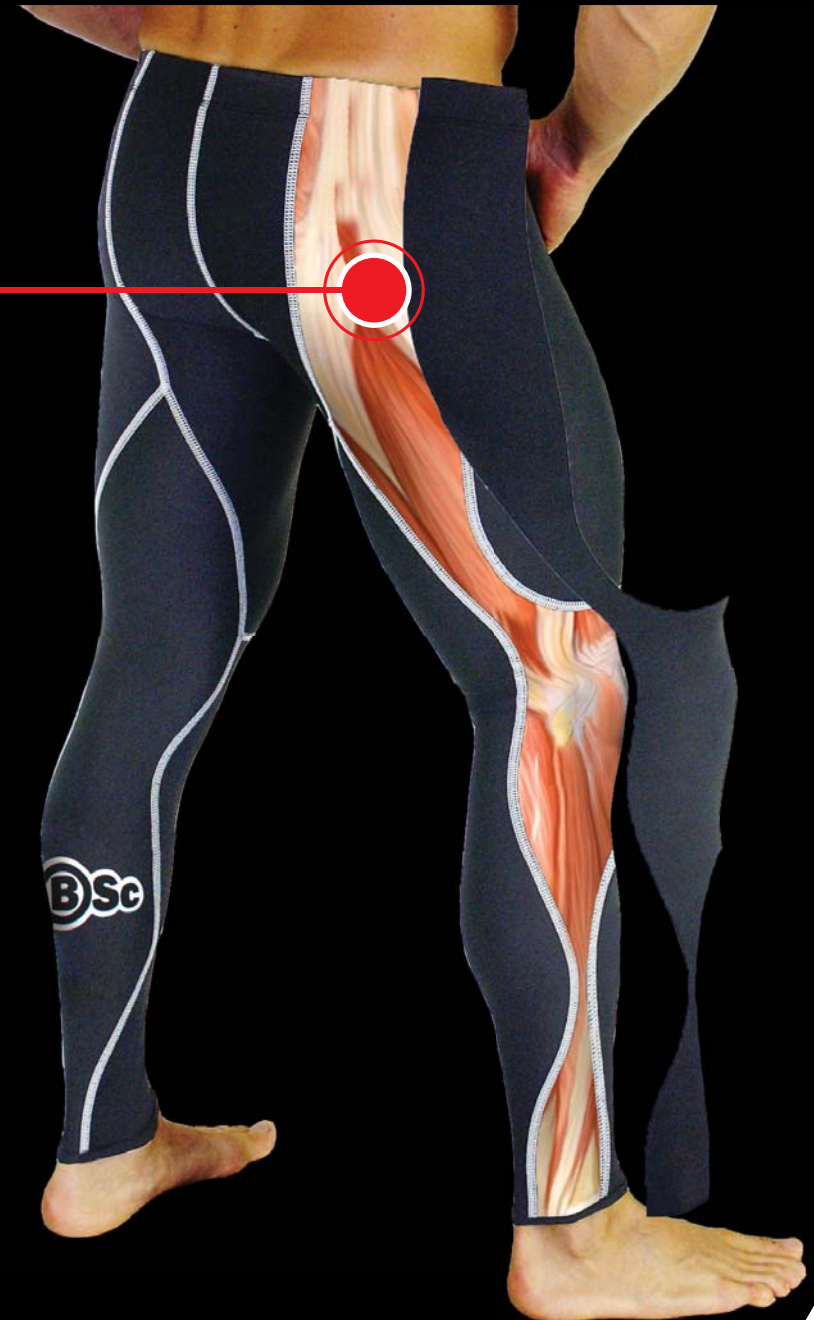
The actions of running, jumping and even walking are all extremely important aspects of athletic performance however repeated performances of these activities can unfortunately cause a stress reaction in the mid-shaft of the tibia commonly known as shin splints. Shin splints often arise as delayed onset muscle soreness (DOMS). Knowledge of this common athletic injury has led to the design and placement of panel that directly targets the shins. This specific panel reduces impact shock by reducing oscillatory movement around the tibia during heel strike while providing improved blood flow to the lower leg group. Both these mechanisms aid in reducing DOMS around the tibia and in turn shin splints.



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» GLUTEALS

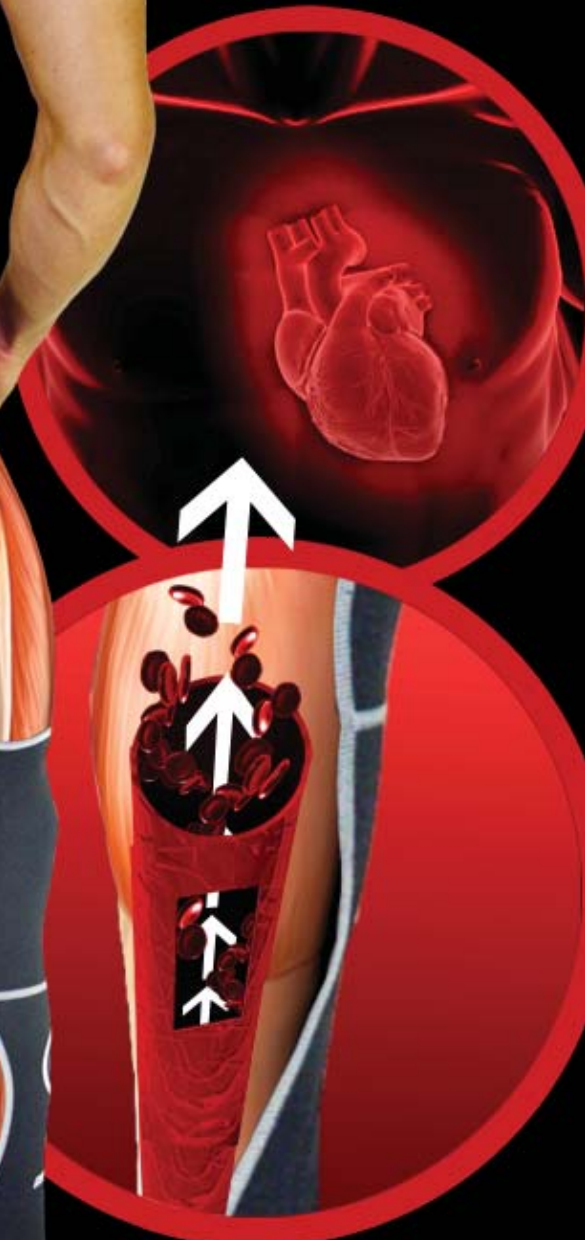
Explosive actions of the leg often start from the Gluteal muscle. One of the strongest muscles in the human body, special attention has been made in BSc targeted compression design in targeting this muscle group. Seam and panel alignment provide the ultimate in compression by enhancing blood flow to the Gluteal muscle group and acting as an elastic band by providing stored potential energy in the compression garments to facilitate explosive power.



- » Compression of the leg muscles aiding in enhanced blood flow promoting improved muscular endurance and stability
- » Improved lactic acid removal allowing a reduction in fatigue, therefore reducing muscular injuries.
- » Providing the muscle with optimal thermal temperatures, ensuring a reduction in the muscle strains and sprains often a consequence of reduced core muscle temperatures
- » Improved oxygen flow to muscles allowing an increase in overall aerobic performance
- » Reduced muscle vibration during exercise in turn facilitating post workout recover
- » Reducing muscle and ligament strain by keeping muscles in line at optimal positions

BSC GRADIENT COMPRESSION

» BSc Targeted Compression wear delivers pressure at the ankle that gradually decreases as it extends up the leg, helping to move blood back to the heart.



- » BSc Compression's Catch moisture 34% faster, Move moisture 52% further, Release moisture 27% faster than the leading moisture transporter.
- » BSc Compression's moisture wicking technology is inherent in the yarn and won't wash out in the wash unlike other competing garments.



BSC COMPRESSION IS A REGISTERED MEDICAL DEVICE

- » BSc Targeted Compression wear is endorsed by many elite sporting teams and athletes and is registered as a medical device within Australia by the Australian Therapeutic Goods Administration (TGA).
- » Targeted Compression is protected by Certified Design Registrations and International Patents.