

DON'T SWEAT THE BIG STUFF!!

In hot conditions your body can lose up to 3 Litres of sweat per hour. That's almost 4% of the total body weight for an 80kg athlete.

To see how this affects your body and your performance, check the table below.

% body fluid lost	Symptoms	Effects
1%	Few symptoms	Marked reduction in VO2 max
2%	Beginning of thirst	10-20% reduction in performance
3%	Dry mouth, Head ache	Loss of endurance capacity
4%	Discomfort, Apathy	Increased effort for exercise
5%	Slowing of pace	Increased pulse and breathing
6-7%	Lethargy, Sleepiness	Impairment of temperature regulation
8-9%	Weakness	Dizziness, mental confusion
10%	Muscle spasms	Loss of balance
11%	Delirium	Heat exhaustion, collapse

LINEBREAK™ compression shirts are clinically proven to reduce sweat rates by an astonishing 30%

(Robert Newton et al, 2006)

LineBreak™ Performance garments are proven to reduce body temperature and subsequent sweat rates however it is imperative to remain well hydrated during times of prolonged exercise.



A global originator of compression and thermoregulatory sportswear

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