

Getting legless after the match... or would you rather be the last man standing?

Standing in the field or at the crease for prolonged periods can adversely affect your performance:

- Substantial discomfort in the legs and back
- The reduction of explosive acceleration
- The increased risk of muscular injury resulting from explosive acceleration
- The reduction of recovery time

Cricketers are particularly vulnerable to these affects because the game involves long periods of standing punctuated by explosive accelerations such as chasing down a ball or scampering between wickets.

To reduce the risk of injury and to improve comfort, performance and recovery for our Elite Cricketers, the research team at LineBreak™ Performance Sportswear recommend the following PRE-MATCH/IN-MATCH/POST-MATCH STRATEGY.

PRE-MATCH STRATEGY

Wear LineBreak™ Velocity tights for two hours before fielding or batting. This will significantly increase circulation to the legs so they're in the best shape possible before taking to the field.

IN-MATCH STRATEGY

When changing into your whites, change into LineBreak™ Compression shorts and LineBreak™ CalfGuards. As a set, these will maintain the oxygenation rates to your upper legs (glutes, quads and hamstrings) and lower legs (calves) without the need for full length tights.

POST-MATCH STRATEGY

Re-apply LineBreak™ Velocity tights for two hours after your stint to improve your speed and level of recovery for the next day's requirements.

The LineBreak™ PRE-MATCH/IN-MATCH/POST-MATCH set retails for less than \$200
- making it the only time figures of 3 for 200 looked good.



A global originator of compression and thermoregulatory sportswear

www.linebreak.com.au