



PFLEXX® KNEE SUPPORT TRAINER

PRODUCT DESCRIPTION

Resistance Training Support for Knee & Leg Muscles with Coolmax Compression Knee Sleeve with Velcro Straps incorporating PFLEXX® Power Springs for RESISTANCE and CROSSFIT TRAINING.

- Developed to help build knee strength and leg muscle in quads, hamstrings, glutes and calf.
- University studies showed increases in muscle activation of up to 30% when walking and 400% when running
- Aid to rehabilitation and accelerate recovery with compression support to help increase blood flow and alleviate pain.
- Designed to enhance fitness health and wellbeing by increasing muscles activation when active to build strength, toning & endurance.
- Use at home, at work, at the gym for general fitness active leisure pursuits, all sports and elite performance
- Comes complete with three sets of interchangeable PFLEXX® Power Springs

3.5KG
WHITE
7LBS

5KG
YELLOW
10LBS

7.5KG
BLACK
15LBS

FREQUENTLY ASKED QUESTIONS:

- When would I wear the PFLEXX® Knee Support Trainer?**
The PFLEXX® can be worn anytime in normal day to day activities or when exercising. The product facilitates and compliments Physiotherapy programmes. It can be used in rehabilitation prior to surgery, after surgery or generally for those seeking to enhance or increase sports performance.
- Is there any risk of injury?**
The product is CE marked and can be used in all sports and active leisure pursuits. It is advisable to check with your physiotherapist when recovering from a serious injury.
- How long before I see results?**
As with any product it depends how long you wear the PFLEXX® Knee Support Trainer and over what period. As you wear the PFLEXX® it is activating the muscles through general and exercise movement.

4 Washing instructions

The PFLEXX® Knee Support Trainer can be washed in temperatures up to 40°C either by hand or in a washing machine. It can also be tumble dried.



For more information contact us:



E: info@pflexx.com | www.pflexx.com

f /Pflexxsports t @pflexxsports

IMPORTANT

To Ensure PFLEXX® Knee Support Trainer functions correctly (see fig.1):

- Choose the correct size PFLEXX® for your leg by measuring around your knee (J). The comfort compression fit keeps the Power Springs (G) close to the body providing positive spring action when moving the knee joint.
- EXTREMELY IMPORTANT:** When pulling on the PFLEXX® Knee Support Trainer (see fig. 2) ensure that you grip both the top of the sleeve and the mechanism to prevent distortion.
- For the PFLEXX® Knee Support Trainer in the correct position (see fig.1) with the logo on the front (A) and the bands positioned above and below the knee (D,C) with the lower part of the sleeve fitting above the calf (B) and the Power Springs positioned at the top and bottom of the pocket (H, E and F).

fig. 1

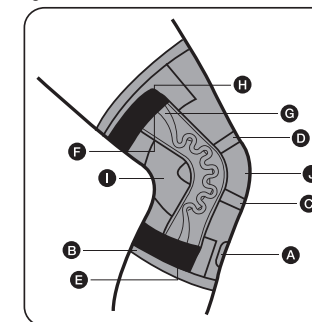
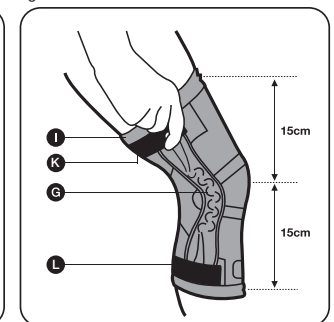


fig. 2



- A Fit the sleeve with logo at front of knee
- B Fit Sleeve above calf
- C Band at front below knee
- D Band at front above knee
- E Ensure mechanism is positioned at bottom of pocket
- F Ensure mechanism is positioned at Top of pocket
- G PFLEXX® Power Springs
- H Pocket for Power Springs
- I PFLEXX® sleeve
- J Size - measure around knee
- K Top velcro strap
- L Calf velcro strap

Sizing Chart

SIZE CHART (MEASURED 15CM ABOVE & BELOW CENTRE OF KNEE)		
XS	THIGH 38-41CM	CALF 28-31CM
S	THIGH 41-44CM	CALF 31-34CM
M	THIGH 44-47CM	CALF 34-37CM
L	THIGH 47-50CM	CALF 37-40CM
XL	THIGH 50-53CM	CALF 40-43CM
XXL	THIGH 53-56CM	CALF 43-46CM
XXXL	THIGH 56-59CM	CALF 46-49CM

There are different sizes & Power Springs depending on the level you need as in the charts above. Larger sizes are available with our Custom Made Service. Just email us at sales@pflexx.com with your measurements for a price and delivery (measure around your thigh and calf 15cm above and below the centre of the knee).