



  
OUTRUN





OS-401



OS-401



OS-401

## OS-401

## ANKLE COMPRESSION SLEEVES

- Premium ankle support that is ideal for Muay Thai training.
- Protects the ankle and instep from scratches and stinging during training.
- Made from elasticised nylon for breathability and easy to wash.
- 2.2mm in thickness for performance and protection.

## NEOPRENE WRIST WRAPS

- Outrun wrist wraps are a combination of the best in comfort, protection and durability perfectly suited for heavy lift days.
- Made using Neoprene material for therapeutic heat retention to relieve pain.
- Thumb hole to avoid shifting and ensure free thumb moment.
- Unique stitching for improved strength.



OS-901



OS-901



**BOXING INNER GEL GLOVES WITH WRIST STRAPS**

**OS-503**



OS-503



OS-502



OS-501

- Outrun inner gloves for boxing, MMA, Muay Thai and contact sport training offer incredible support for your wrist, whilst ensuring maximum comfort for a successful workout.
- Nylon knitted with no slip grip, a thumb hole for added security, gel and foam integrated padding to reduce shock impact, and thermal control tech to keep your hands comfortable, healthy and dry.
- An extended 75cm wraparound design, you can get the proper support to keep your bones in place at all times.
- Extra-long bandage hook & loop closure for optimum wrist support.





OS-801

ELASTICATED KNEE WRAPS

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OS-801



OS-801



OS-801

- Outrun Sports knee wraps made of heavy duty elastic giving you maximum knee support which will not let you down.
- Enhance your workout, prevent injuries, and use this elasticated knee guard for cold or hot pack therapy to speed up recovery.
- It measures 78 inches long and 3" wider.





## ELBOW COMPRESSION SLEEVES

OS-102



OS-101



OS-101



OS-101



OS-103



OS-102



OS-102



OS-102

- Outrun elbow sleeves offer compression and fits like a second skin.
- It improves blood circulation, relieving symptoms of tendonitis, joint inflammation, tennis elbow, golf elbow, gym elbow and other elbow pain.
- It is crafted from top quality stretched nylon yarn and spandex to give you stability and support which further helps you in fast recovery.





OS-1001

## HAND WRAPS

- Awesome semi-elastic wraps manufactured with a perfect blend of Spandex and nylon to custom fit each hand for the best protection available.
- Perfect for wrapping between fingers and knuckles.
- Complete with starter thumb loop and hook-and-loop closure for security.
- Extra-long 180" length for added coverage and protection.



OS-1001



OS-1001



OS-1001

## OS-104 NEOPRENE ELBOW COMPRESSION SLEEVES

- Outrun elbow sleeves offer compression and fits like a second skin.
- It improves blood circulation, relieving symptoms of tendonitis, joint inflammation, tennis elbow, golf elbow, gym elbow and other elbow pain.
- It is crafted from top quality Neoprene material to give you stability and support which further helps you in fast recovery.
- Special stitching makes the product threshold for stretching much more efficient.



OS-104





## KNEE COMPRESSION SLEEVES

OS-201



OS-202



OS-201



OS-201



OS-201



OS-202



OS-203



OS-203



OS-203

- Outrun knee sleeves offer compression and fits like a second skin.
- It improves blood circulation, relieving symptoms of tendonitis, joint inflammation, tennis knee, golf knee, gym knee and other knee pain.
- It is crafted from top quality stretched nylon yarn and spandex to give you stability and support which further helps you in fast recovery.





## WRIST WRAPS



OS-904



OS-902



OS-903

- Outrun wrist wraps are a combination of the best in comfort, protection and durability perfectly suited for heavy lift days.
- Approximately 3" wide and 19" extended length wraps are made from heavy blend cotton-eglantine elastic for maximum support and thumb loops with extra length hook & loop to ensure they never shift when in use.
- It will amaze you at extra weights attained.





**WRIST WRAPS OS-301**



OS-301



OS-301

- Outrun wrist sleeves offer compression and fits like a second skin.
- It improves blood circulation, relieving symptoms of arthritis, osteoporosis, tendonitis, carpal tunnel, sprains or general wrist aches. Wear it at home, work or in the gym.
- Wear it during day and night. It can be used by Professional athlete, a bank employee, a full-time mom, or anyone in between.
- It is crafted from top quality stretched nylon yarn to give you stability and support which further helps you in fast recovery.



OS-301



OS-301



OS-301





## MMA SHIN INSTEP GUARD

OS-701

- Outrun Shin Instep Guard has an elastic design to provide lightweight, padded shin and foot protection.
- The guard is made from stretched skinny nylon yarn allowing you to maintain flexibility and mobility.
- It is made in a sock style for easy use and easy wash.
- Please note that the guard can stretch to twice its size.
- It is padded with EVA foam which is far more superior material in terms of protection, impact absorption and durability.



OS-701



## CALF COMPRESSION SLEEVES

OS-601

- Outrun calf sleeves is made of Neoprene material which gives you enhanced support without limiting your ability to move, train and play.
- It plays an excellent job in absorbing shocks waves that result in intense sports like running, hiking, cycling, weightlifting and so on.
- The calf support comes with unique spiral lining coupled with MMT™ treatment to ensure sweat wicking ability for quick dry skin.
- The anatomically designed calf support comes with advanced stitching for extended resilience.



OS-601





## ANKLE COMPRESSION SLEEVES

- Outrun premium Neoprene ankle support protects the ankle and instep from scratches and stinging during training.
- Heat retention technology for breathability, oxygen supply and enhanced blood circulation.
- Silicon printing gives you no slip experience.



OS-406



OS-404



OS-405

## NEOPRENE KNEE COMPRESSION SLEEVES

- Outrun knee sleeves offer compression and fits like a second skin.
- It improves blood circulation, relieving symptoms of tendonitis, joint inflammation, tennis knee, golf knee, gym knee and other knee pain.
- It is crafted from top quality Neoprene material to give you stability and support which further helps you in fast recovery.
- The protector is stitched using advanced stitching for improved resilience.



OS-207



OS-208



OS-204

## PATELLA KNEE COMPRESSION SLEEVES

- Outrun Neoprene knee sleeves offer compression and fits like a second skin.
- Heat retention technology
- Breathable design
- Anti-moisture technology



OS-209



# Weight Lifting Straps

(OS-1100)



OS-1100



OS-1102



OS-1104

- High-quality cotton weightlifting straps lined with shock-absorbent neoprene padding that gives support to your wrist.
- Protects you from cuts and burns, giving you safer sessions.
- Made from comfortable, sweat wicking and long lasting materials to facilitate good sessions, technique and security.



OS-1101



OS-1103



OS-1106



OS-1108



OS-1110

# Blood Occlusion Bands

(OS-7000)

- Highly elastic 2inches wide occlusion bands plus Quick-Release Cam Buckle are thick and wide enough to help you reaching optimal occlusion during Arms and Legs workouts.
- Practical blood flow restriction can increase muscle protein synthesis, NOS-1 expressions and mTOR signalling results in increased muscle growth.
- It induce hypertrophy at very low loads (usually 10-30% of a 1RM). When performed correctly, the results achieved are typically similar to those achieved with 80% 1RMs.
- These are easy to strap up, effortless to release in between sets or exercises, and exceptionally comfortable.



OS-7002



OS-7001



OS-7000

Website: [www.outrunsports.co.uk](http://www.outrunsports.co.uk)

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## Lifting Straps

(OS-1700)

- Made with heavy duty cotton canvas for superior reinforcement, reliability and comfort.
- Deadlift Bar Figure 8's are the perfect strap for heavy Deadlifts and back exercises.
- Designed with a double-loop around your wrist eliminates the setup time at the bar, these straps help you lock onto the bar firmly so you concentrate on pull without worrying about grip.



OS-1701



OS-1703



OS-1704



OS-1702



OS-1705



OS-1700



OS-1706

## Short Finger Weightlifting Gym Workout Gloves

- Super thin, stretched Lycra fabric gloves offers max breathability and a good compressional feel to the hands.
- Rubberized grip with 3MM cushion under it alleviates pressure from weights
- Nylon dotted technology increase gripping strength for zero-slip probability
- Dazzle inner wicks moisture away from the hand while keeping it pleasant & hygienic
- Finger webbing made from Lycra allows ease of movement.
- Goat leather develop feels great against the skin, and offers durability.
- 3mm EVA stuffing under leather and Suede cushions against heavy weights and uncomfy pressure
- Suede grip fights calluses while promoting a stronger grip hold and good hygiene.
- Padded Palm Layer Guarding the whole hand which fortify your entire palms from Calluses, Rips, & Sore Hands and keep your hands looking nice and in good shape no matter the intensity of your workout
- Extended Neoprene wrist strap supports the wrists to avoid injury and encourage heavier lifting



OS-3202



OS-3203



OS-3200



OS-3201





## Booty Bands

(OS-8000)

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OS-8010



OS-8000



OS-8012



OS-8006



OS-8013



OS-8014



OS-8009



OS-8007



OS-8006



OS-8001



OS-8011



OS-8008



OS-8005



OS-8002



OS-8004



OS-8015



OS-8003

- 3" booty bands made from cotton and a latex blend material, these hip circles are ready to withstand body weight without the risk of breaking.
- The non-roll gripping surface ensures stability in any situation, zero worries about them slipping.
- Due to their design, they are extremely durable in any workout session, they won't snap or get damaged.
- With the three unique resistance levels, you can have a workout session at any level of strength, making them perfect for both beginners and experienced gymnastics.
- Due to their small footprint and easy to fold design, they are extremely portable, so feel free to take them wherever you go, especially with the included portable bag!





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