

MH GAME  
CHANGERS  
RIIXO CUFFS

# SQUEEZY DOES IT

Forget ice baths – Riixo’s three-in-one cuffs deliver ice, heat and compression from the comfort of your sofa



iii\_ **28mmHG**  
The sizing and compression produced by each cuff is calibrated to a research-based optimum pressure range between 20.6 and 28mmHG.

**F**itness adaptations occur during recovery, so if you want your body to build back stronger, rest as hard as you train.

Riixo’s triple-treatment cuffs deliver targeted hot or cold therapy and 360-degree compression. Boosting blood flow and flushing metabolic waste can soothe DOMS and cheat fatigue.

Some studies suggest localised immersion for cold therapy could be as beneficial as full-immersion treatments like cryotherapy. And targeted heat therapy is more effective at elevating muscle temperature than a sauna. So you can enjoy gains without the pain.

Each cuff is made from silver-ionised, antimicrobial and anti-odour yarn. Shin and calf gel pads bring the heat and chills, while tear-proof technology ensures consistent compression.

Plus they’re used by Premier League players and Olympians such as heptathlete Katarina Johnson-Thompson.

MH squeezed some tired legs into the Riixo and hit the sofa.



i\_ **680g**  
Together, the cuffs and the chill-extending Thermacase weigh little more than a couple of cans of Coke. Ideal for your gym bag or suitcase.



iv\_ **2hrs**

How long you need to chill the cuffs in the freezer. A 15-30 second zap in the microwave heats them up. Use them chilled, post-workout.



ii\_ **37%**

During injury recovery, using heat for 30 minutes a day reduces muscle wastage by more than a third compared to resting alone. It’s also shown to reduce DOMS by 25% and muscle fatigue by around a quarter.



v\_ **8°C**  
Research suggests 15-20 minutes at less than 8°C is optimal for recovery. The Riixo stays under this for 20 minutes.

£129 FOR A PAIR, RIIXO.COM



**QUICK FIX**  
Four more cutting-edge tools to turbo charge your recovery



**MIHIGH SAUNA BLANKET**  
Similar muscle recovery to time in an infrared sauna. £400 uk.mihigh.com



**THERABODY RECOVERYAIR**  
Pneumatic compression boots to speed repair. £600 theragun.com



**MUSE 2**  
Meditation headset so you can de-stress and recover much faster. £240 chooseuse.com



**COMPEX SP 4.0**  
Compex’s electrical stimulation system gives TENS-style pain relief. £525 compex.com/uk

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