

CRYOINNOV®

SPORT

During 2008 olympic games in Beijing, the first CryoVest® had been wearing by several French athletes.

They trust us :



CryoInnov is always innovating his Cryotherapy concept and fitting to different fields and needs.

CREATOR AND DISTRIBUTOR OF BRANDS

CRYOVEST®

CRYOHORSE®

EXCLUSIVE DISTRIBUTOR IN
EUROPE / AFRICA / MIDDLE EAST
OF BRANDS

FIRST+ICE®

ICEHORSE®

Ezyvet®

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CRYOINNOV®

SPORT



CRYOVEST®
The best Cooling Vest
including last long
cold technology
FIRST+ICE®

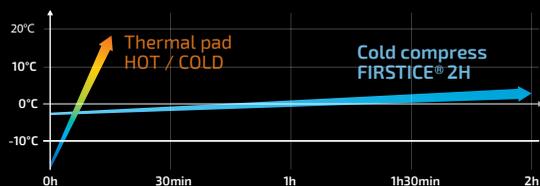
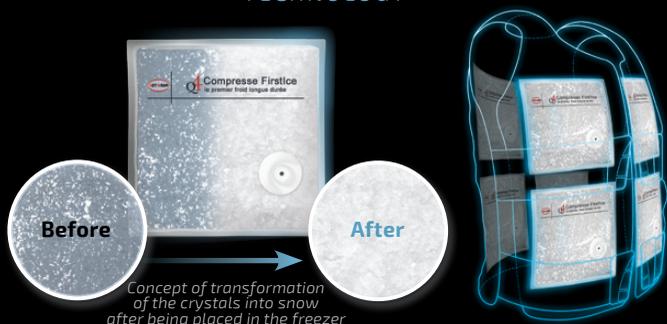
www.cryo-innov.com

CRYOVEST®

A cooling vest high performing perfect for elite athletes so they can perform much better

INCLUDING THE LONG LAST COLD

FIRSTICE®
TECHNOLOGY



ADVANTAGES OF CRYOVEST®

- **Pre-cooling**
 - > Maintain a constant level of heart rate
 - > Stabilize the water status
 - > Improve energy efficiency (+15.8%)
- **Post-cooling**
 - > Restore the heart rate to a stable condition
 - > Gain 7 BPM after 20 minutes of recovery
 - > Restore the water status

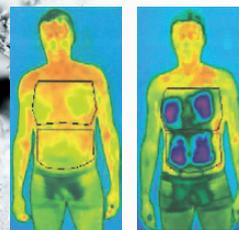
PRODUCT CHARACTERISTICS

- **Lightweight**
Less than 2 kg
- **Ergonomic and Comfort**
Not restrict or impede movement
- **High Quality Cold**
A non aggressive cold over a long duration due to its unique patented snow cold technology used in medical
- **Long lasting**
Homogeneous and long cold diffusion (autonomy 90 min.)

HOW TO USE THE CRYOVEST® during training and competitions ?

- **Before**
Wear the vest shirtless 20 to 30 minutes before starting the training or the competition (during warm up).
- **During**
Wear the vest shirtless during the recovery periods or with less stress (during 10 or 15 minutes).
- **After**
Wear the vest shirtless during at least 20 to 30 minutes just after the training or the competition. This contributes to avoid a too large dehydration and helps in a better recovery.

COOLING AND SCIENTIFICALLY RESEARCHES



*Thermograms obtained immediately before (A) and after (B) wearing a Cryovest®



Cryovest was created improved and tested in constant collaboration with researchers at INSEP (Paris).

Worn before physical exercise, the Cryovest allow to reduce the thermic stress and so increase exercise capacity in an average of 4,8 % (Wegmann et al. 2012).

Increase really the athlete's performance especially during running (Uckert et Joch 2007) and cycling (Hausswirth et al. 2012).

Combined with good hydration, wearing a cooling vest during a cycling exercise at 60% of VO₂max enhances the time to exhaustion in a warm environment (32° C/90° F) (Hasegawa et al. 2005).

Using the Cryovest is particularly recommended in situations of repeated exercises such as team sports, Duffield et al. (2009) It helps to allow a decrease in skin temperature in order to augment exercise capacity.