



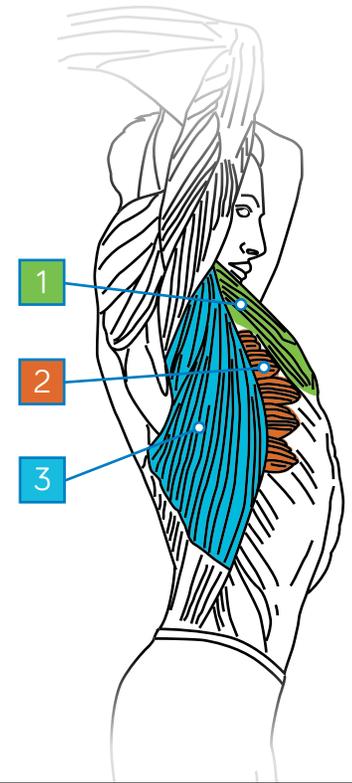
The patented technology behind T3®.

- 1 Pectoralis Major Gusset**
Allows full flex and extension of the arm without restriction or binding throughout the chest and armpits.
- 2 Serratus Anterior Gusset**
Allows full shoulder rotation and rib cage expansion without restriction or binding throughout the upper body.
- 3 Latissimus Dorsi Gusset**
Allows the full extension and rotation of the arm without any restriction or binding throughout the back and torso.



Upper Plane - Muscle Groups

- 1 Pectoralis Major**
The major chest muscle, the Pectoralis Major, covers the front of the chest and extends from the top of the arm to the breastbone as well as the upper ribs (Serratus Anterior). The Pecs aid in the downward and forward motion necessary to perform many athletic movements.
- 2 Serratus Anterior**
The Serratus Anterior, located between the underarm and Pec, is attached to the upper ribs. It is an auxiliary breathing muscle that aids in inhalation, when breathing strenuously, by assisting in rib expansion. It is responsible for rotating the shoulder blade, positioning it to raise the arms.
- 3 Latissimus Dorsi**
The majority of movement an athlete performs involves contraction and extension of several muscle groups in the upper torso including the largest back muscle, the Latissimus Dorsi. The Lats compliment the Pecs to help control shoulder movement, flexion, extension, adduction and medial rotation.



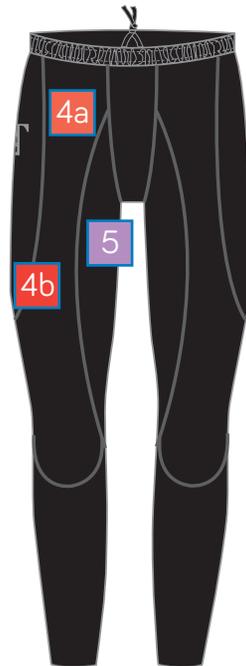
Upper Plane - T3® Gussets



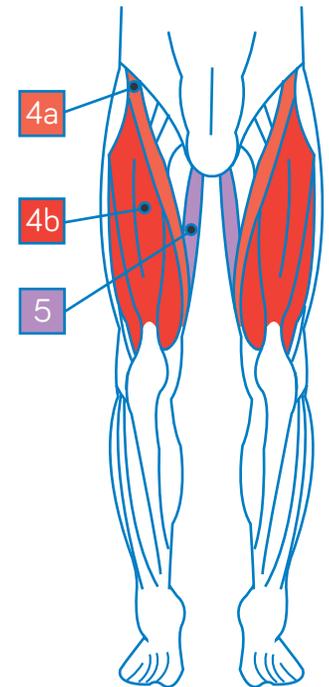
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Lower Plane - Muscle Groups

- 4a** **Sartorius & Quadriceps Gussets**
Allows for full rotation and extension of leg without restriction or binding throughout the hip and knee joints.
- 4b**
- 5** **Adductor Magnus Gusset**
Allows inner leg to extend and rotate without restriction or binding throughout the quadriceps.



- 4a** **Sartorius**
The longest muscle of the human anatomy. A flat long narrow thigh muscle running obliquely across the front of each thigh from the hip bone to the inside of the leg below the knee (tibia). Helps rotate the leg into the sitting position.
- 4b** **Quadriceps**
A large, four part muscle of the front of the thigh, that connects into the hip and pelvis and inserts as a strong tendon below the kneecap (patella). The Quads extend the leg, bends it at the hip joint and straightens and helps stabilize the knee.
- 5** **Adductor Magnus**
Is a long, large triangular muscle situated on the outer region of the thigh that acts to extend, adduct and rotate the thigh. The Adductor Magnus utilizes the upper Hamstring in extension of the thigh.



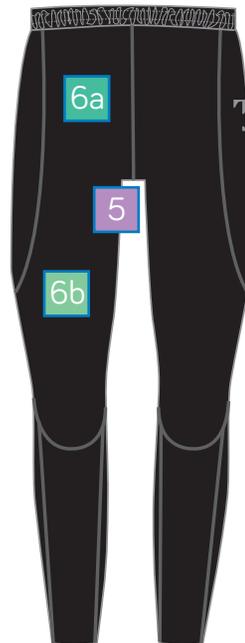
Lower Plane - T3® Gussets



The patented technology behind T3®.

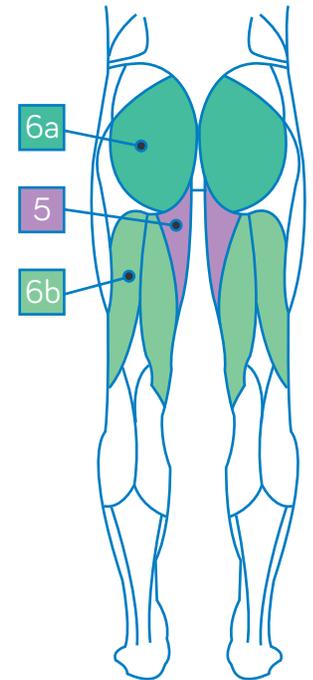
Lower Plane - T3® Gusset Construction

- 5** **Adductor Magnus Gusset**
Allows inner leg to extend and rotate without any restrictions or binding throughout the quadriceps.
- 6a** **Hamstring & Gluteus Maximus Gussets**
Allows for full extension from hip to knee without any restriction or binding in the upper leg and hip joints.
- 6b**



- 6a** **Hamstring**
The Hamstring is a group of tendons contracted by three posterior thigh muscles that make up the space behind the knee and is part of the Adductor Magnus. The Hamstrings play a crucial role in many daily activities such as, walking, running, jumping and controlling some movement in the posterior. In walking, they are most important as an antagonist to the Quadriceps in the deceleration of knee extension.

- 6b** **Gluteus Maximus**
The largest and most superficial of the three gluteal muscles, it makes up a large portion of the shape and appearance of the buttocks. It is a powerful extensor of the thigh. Its most powerful action is to cause the body to regain the erect position after stopping, by drawing the pelvis backward, being assisted in this action by several muscles including the Abductor Magnus.



Lower Plane - T3® Gussets