

liiteGuard

INNOVATIVE SPORTSWEAR



CATALOGUE 2024

**ISPO
Award
2023**



Winner

ISPO AWARD WINNER

We are proud to announce that we have won the prestigious ISPO award.

The ISPO Award is a prize given to innovative sports products and services.

We won the ISPO award for our GLU-TECH running tights with the innovative hip-technology and our PERFORAMANCE KIT with the world's first moldable shin guards.



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liiteGuard
INNOVATIVE SPORTSWEAR

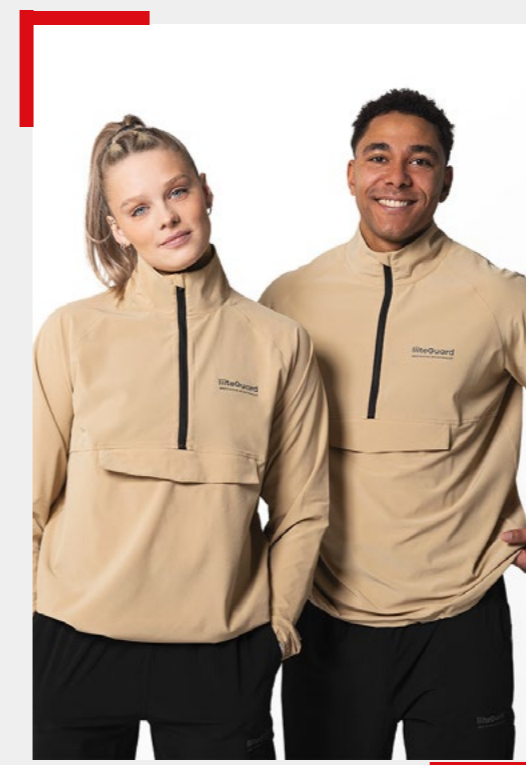
A QUICK OVERVIEW



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MORE SPORT MORE JOY



THOSE FOUR WORDS ARE THE CORNER STONES OF OUR PHILOSOPHY, WHICH EVERY DAY MOTIVATES US TO CREATE INNOVATIVE PRODUCTS AND BECOME MORE KNOWLEDGEABLE ABOUT THAT, WHICH MAKES A DIFFERENCE FOR YOU. OUR BIGGEST MISSION IS, TO BE THE SPARK, WHICH KEEPS ALIVE THE FIRE OF THE DREAM, OF REACHING FURTHER THAN YOU DID YESTERDAY!

Our goal

The ultimate goal in liiteGuard is, that everyone will be able to participate in the sports, they love. For us, it's all about being a burning inspiration to go against the currents and set new standards for what we expect from sportswear. As a result of that, our identity has been shaped by innovative approaches, which creates an extraordinary difference, and is here to stay.

LiiteGuard is based on the heart blood and ambition to create the best sports equipment which keeps what it promises. With elite experiences and high amounts of subject knowledge in the backpack, we know of all sorts of injury and pain issues that can almost instantly extinguish the dream of reaching the next big goal. As such, we also know the differences in quality sportswear, when we feel it!

Pursuit of Uncompromised Quality

We seek to be remembered for making the sports experience better - every time. We want to be leading among sports brands that put athletes' well-being at the forefront and create functional sportswear that is thought through, down to the smallest details. We will make ourselves noticed for having selected the best materials to create the best comfort. Qualities that require blood, sweat and tears to achieve.

To us, quality is more than our innovation, functions and carefully selected materials. To us, quality must exist in everything we touch - all the way from the drawing board to the products ending up in the hands of customers. A big part of that is our social responsibility, which means that we consider the environment, sustainability and good working conditions for all the people who every day help us in making our dream into reality.

YOUR CONTACT AT LIITEGUARD

My name is Christopher - I'm the Co-founder and CEO of liiteGuard and your direct contact here at liiteGuard.

You are always welcome to contact me if you have any questions.
I'm always available by phone and email.

With our dedication to innovation, quality, and a passion for sports, we have created a range of products that exceed expectations.

As a liiteGuard retailer, you will become a part of our global family.

At liiteGuard, we believe that sports are more than just an activity - it's a lifestyle. Our products are designed to help athletes and enthusiasts reach their full potential, regardless of their skill level. When you become a liiteGuard retailer, you become an essential part of spreading this philosophy to the world around you.

Christopher Geertsen
Co-founder and CEO
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christopher@liiteguard.com



MORE THAN JUST ANOTHER SPORTS BRAND

The idea behind liiteGuard originated when former professional football player Christopher Geertsen underwent a treatment process with physiotherapist Nicklas Falkesgaard. During the treatment, they developed a shared interest in injury prevention, driven by the frustration they both felt regarding how damaging injuries can be to athletes' performance and careers. The two gentlemen set a clear goal - everyone should be able to pursue the sport they love.

This goal serves as the driving force every day at liiteGuard, motivating and inspiring us to develop products with the consumer's issues in mind. Christopher's injury marked the end of his football career but marked the beginning of liiteGuard.



WE TAKE CARE

There are many ways to be responsible, and in liiteGuard we have a special focus on the following...

We develop our products with a big focus on responsible initiatives and elements without compromising function or quality.

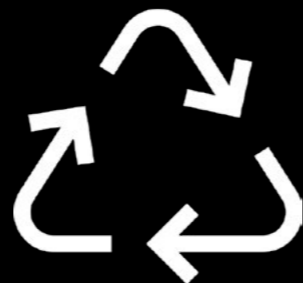
PERFORMANCE



INNOVATION



RESPONSIBILITY



OUR JOURNEY

LiiteGuard was founded by a former professional football player and a sports physiotherapist. Along the way, they came to talk about some of the problems they both had experienced over and over again with many footballers. The mission was to create a product that could solve some of these problems.

THE BEGINNING

The idea behind liiteGuard originated in June 2016, when Christopher sought out physiotherapist Nicklas Falkesgaard to get help for a long-standing knee problem.

2016

FIRST PRODUCT

The first product was our PERFORMANCE KIT that include our PERFORMANCE SOCK and the world's first moldable shin guard.

2017

FIRST RETAILER

The first INTERSPORT Franchise store contacted liiteGuard to sell their products, and 2 month after 10 more stores was selling liiteGuard.

2018

GLU-TECH WAS BORN

Our innovative GLU-TECH tights was born. And from that moment we grew the business 300%.

2021

AWARD WINNER

+350 stores are selling liiteGuard and we won 2 x ISPO Awards.
"The worlds' best and most innovative product"

2023

GLU-TECH TIGHTS

GLU-TECH Tights

LG1013 (Men)
LG1018 (Women)



GLU-TECH LONG

LG1014 (Men)
LG1019 (Women)



GLU-TECH INFINITY

LG1015 (Men)
LG10120 (Women)



GLU-TECH 2IN1

LG1021 (Men)



GLU-TECH INNERTIGHT

LG1028 (Men)
LG1029 (Women)



GLU-TECH 2IN1

LG1048 (Women)



GLU-TECH HOT

LG1035 (Men)
LG1036 (Women)



GLU-TECH TRAINING

LG1037 (Women)



8 FUNCTIONS IN OUR TIGHTS



HIP STABILITY

HIP STABILITY

Groundbreaking patented hip stabilizing elastic band to ensure optimal posture during running by stimulating the top of the glutes. The stability function in our tights is injury-reducing for hip, knee and lower legs.



RESPONSIBLE FABRIC

RESPONSIBLE FABRIC

Liiteguard walks at the front, when it regards the environment. As such are all our tights produced in 75% recycled nylon, reclaimed from the oceans. That way, we ensure a responsible focus, as many customers seek.



POCKETS

POCKETS

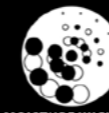
Flexible and discreet pockets on the sides, make our tights perfect for any use. The pockets are designed to hold whatever might be needed during training, with an elastic tightness to ensure it stays safely and stably.



FLATLOCK SEAMS

FLAT-LOCK SEAMS

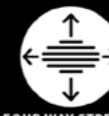
The use of flat-lock seams ensures an optimal comfort and fit, while minimizing possible irritations against the skin.



MOISTURE WICKING

MOISTURE WICKING

The moisture wicking fabric enables quick and safe transport of sweat to the outer layer of the tight, for fast evaporation. The fabric ensures dry and comfortable tights, as well as a stable body temperature.



FOUR WAY STRETCH

FOUR WAY STRETCH

Our tights are produced in a fabric with four way stretch, so the tights is stretchable in all directions. This ensures an increased freedom of movement, along with maximum comfort for the athlete, as it keeps its fit.



GRIP BORDER

GRIP BORDER

Our GLU-TECH INFINITY premium model is designed with free-cut grip boarder at the end of the legs. The grip border ensures a tight and lasting fit and placement, no matter the sport.



COMPRESSION

COMPRESSION

Our GLU-TECH INFINITY premium model has extra compression to increase the bloodflow, letting your muscles warm up faster, reducing muscle soreness and risk of injury, which helps increase the performance of the athlete.

RUNNING TIGHTS PROVEN BY SCIENCE

Get the most out of your running and training with our short compression running tights from the GLU-TECH series. Our running tights are equipped with a wide elastic band in the hip and lumbar area, which stabilises the hip and activates the glute muscles for improved performance. The fabric's four-way stretch and flatlock seams ensure optimal comfort and mobility.

If your muscles around the hip, especially the gluteus medius, are weak, it will affect your ability to stabilize the hip, putting an inappropriate strain on muscles, tendons and joints throughout the leg from hip to foot. LiiteGuards GLU-TECH tights have an innovative elastic, which sits on your gluteal muscles and provides a constant pressure, to provide mechanical stability to your hip, but also to facilitate muscle activity, so you can better activate and use your gluteal muscles.

ISPO AWARD 2023 WINNER

We have won an ISPO 2023 with our
GLU-TECH TIGHTS.



NEXT-LEVEL RUNNING TIGHTS

A study carried out at Aalborg University indicates that these tights genuinely improve hip stability. This reduces the internal rotation of the thigh and inward movement during a run, directly addressing the infamous runner's knee issue. Furthermore, they're 100% squat-proof yet remain breathable – making them perfect for activities beyond just running, like fitness routines or yoga.

OUR INNOVATIVE HIP TECHNOLOGY

One of the most common causes of knee problems is weakness or instability in the hip.

Hip stability in the hip creates strain on the knees.

Our tights are developed in collaboration with professional athletes and physiotherapists and stabilise and activate your glutes.



Scan the QR-Code, if you want to learn more about our GLU-TECH TIGHT.



WOMEN

MEN



GLU-TECH

liiteGuard
 INNOVATIVE SPORTSWEAR



FUNCTIONS

- 1 HIP STABILITY
- 2 RESPONSIBLE FABRIC
- 3 POCKETS
- 4 FLAT-LOCK SEAMS
- 5 MOISTURE WICKING
- 6 FOUR WAY STRETCH

GLU-TECH TIGHTS

Short running tights for running and training. Equipped with patent pending elastic band, providing the hip with optimal support and activating the gluteal muscles for a better run.

Our GLU-TECH tights are designed in a close-fitting fabric with four way stretch and flat lock seams, which ensures optimal moisture wicking and comfort.

The tights are designed with two discreet pockets with a close hold on any contents.

Size:	Retail price
Men: S-XXL	499,- DKK
Women: XS-XL	66,95€
Materials	Style no.
75% Recycled nylon	LG1013 (Men)
25% Elastane	LG1018 (Women)



GLU-TECH LONG

liiteGuard
INNOVATIVE SPORTSWEAR

WOMEN



MEN



FUNCTIONS

- 1 HIP STABILITY
- 2 RESPONSIBLE FABRIC
- 3 POCKETS
- 4 FLAT-LOCK SEAMS
- 5 MOISTURE WICKING
- 6 FOUR WAY STRETCH

GLU-TECH LONG TIGHTS

A classic and stylish tight for running and training. GLU-TECH are tights produced in comfortable and moisture wicking, four way stretching fabric, which combined with flat lock seams ensures ultimate mobility and comfort.

With two discreet side pockets you can bring all you need, from gels, to keys and phones without worry.

Equipped with patent pending elastic band, the glutes are activated for a better run and injury prevention in knees and feet. The tights are furthermore developed with compression for better support and improved bloodflow.

Size	Retail price
Men: S-XXL	599,- DKK
Women: XS-XL	79,95€
Materials	Style no.
75% Recycled nylon	LG1014 (Men)
25% Elastane	LG1019 (Women)



GLU-TECH INFINITY

liiteGuard
INNOVATIVE SPORTSWEAR

WOMEN

MEN



FUNKTIONER

- 1 HIP STABILITY
- 2 RESPONSIBLE FABRIC
- 3 POCKETS
- 4 FLAT-LOCK SEAMS
- 5 MOISTURE WICKING
- 6 FOUR WAY STRETCH
- 7 GRIP BORDER
- 8 COMPRESSION

GLU-TECH INFINITY TIGHTS

Short training tights for running and training with extra compression and grip boarder at the ends of the legs, which increases blood flow and gives extra support.

This model is, like the other tights in the GLU-TECH series equipped with our paten pending elastic band, which provides optimal support for the hip, and activates the glutes for better training.

GLU-TECH INFINITY is designed in a close-fitting four way stretchable fabric, with optimal moisture wicking capabilities in combination with flat lock seams for unmatched comfort.

The tights are designed with two discreet pockets with a close hold on any contents.

Size	Retail price
Men: S-XXL	699,- DKK
Women: XS-XL	94,95€
Materials	Style no.
75% Recycled nylon	LG1015 (Men)
25% Elastane	LG1020 (Women)



GLU-TECH 2IN1 SHORTS

liiteGuard
INNOVATIVE SPORTSWEAR



GLU-TECH 2IN1 SHORTS

Introducing our 2IN1 training shorts for running and workouts, featuring our innovative hip technology.

Like the other tights in the GLU-TECH series, this model is equipped with our patent pending elastic that provides optimal support for the hips and activates the gluteal muscles for improved training.

GLU-TECH 2IN1 is designed with a snug-fitting inner tight in four-way stretch material, ensuring optimal moisture-wicking. It also features a laser-cut outer shell made from extremely breathable material with ventilating side panels, maintaining an optimal body temperature.

These tights are designed with four functional pockets - two in the inner tights and two in the outer shorts - all of which securely hold your belongings.

FUNCTIONS

- 1 HIP STABILITY
- 2 RESPONSIBLE FABRIC
- 3 INNER POCKETS
- 4 FLAT-LOCK SEAMS
- 5 MOISTURE WICKING
- 6 FLEECE INLAY
- 7 FOUR WAY STRETCH
- 8 OUTER POCKETS

Size	Retail Price
Men: S-XXL	549,- DKK
	73,95€

Materials	Style no.
84% Recycled nylon	LG1021
16% Elastane	

WOMEN

MEN



GLU-TECH INNER TIGHTS

liiteGuard
INNOVATIVE SPORTSWEAR



FUNCTIONS

- 1 HIP STABILITY
- 2 COMPRESSION
- 3 FLEXIBLE FABRIC
- 4 FLAT-LOCK SEAMS
- 5 OPTIMAL BREATHABILITY

GLU-TECH INNER TIGHTS

Be ready from start to end and all throughout with GLU-TECH Inner tights, which are developed in a 3-part structure.

The inner tight is constructed with sports compression. The purpose of this, is to increase bloodflow as well as reduce vibrations and micro trauma in the muscle tissue, so the muscles can perform optimally at the end of a match or training, as this period sees a higher risk of injuries.

The fabric around the groin and gluteal muscles is highly breathable and flexible.

Lastly, the GLU-TECH inner tights are also equipped with our hip technology, to give an increased support in changes of direction.

Size	Retail
Men: S-XXL	399,- DKK
Women XS-XL	52,95€

Materials	Style no.
upper part	LG1028 (Men)
90% Polyester	LG1029 (Women)
10% Spandex	
Inner tight	
70% Nylon	
30% Spandex	



WOMEN

GLU-TECH 2IN1 SHORTS

liiteGuard
INNOVATIVE SPORTSWEAR



GLU-TECH 2IN1 SHORTS

Experience the ultimate combination of comfort, stability and functionality with our GLU-TECH 2in1 Womens Shorts and take your running to a new level.

The GLU-TECH 2in1 womens shorts are equipped with the well known GLU-TECH elastic band, with the purpose of securing an increase in stability around the hip and improve your running experience. The shorts are designed in a light and breathable material, which helps ensure that you do not overheat during your runs.

You will notice two practical pockets in the inner tight, which enables you to bring your phone or your keys with you on the run.

FUNCTIONS

- | | |
|-------------------------------------------|--------------------------------|
| 1 HIP STABILITY | 5 COMFORTABLE FIT |
| 2 COMFORTABLE | 6 FOUR WAY STRETCH |
| INNERTIGHT | 7 REFLEX LOGOS |
| 3 POCKETS IN INNERTIGHT | 8 LIGHTWEIGHT RECYCLE MATERIAL |
| 4 HIGH BREATHABILITY AND MOISTURE WICKING | |

Size	Retail price
Women: XS-XL	449,- DKK
	73,95€

Materials

Outer shell
87% Recycled polyester
13% Elastane

Inner tight
85% Recycled polyester,
15% Spandex

Style no.
LG1048





GLU-TECH HOT

liiteGuard
INNOVATIVE SPORTSWEAR

WOMEN



FUNCTIONS

- 1 HIP STABILITY
- 2 BRUSHED WINTER FABRIC
- 3 POCKETS
- 4 FLAT-LOCK SEAMS
- 5 MOISTURE WICKING
- 6 FOUR WAY STRETCH
- 7 RECYCLED FABRIC

MEN



GLU-TECH HOT TIGHTS

Experience the ultimate comfort, warmth and support in our long running tights with compression from the GLU-TECH series. The running tights are constructed in a fabric with high moisture wicking capabilities, and has at the same time been brushed, so you can keep warm in the cold.

With two discreet side pockets you can bring all you need, from gels, to keys and phones without worry.

With the patent pending hip stabilizing elastic band, the glutes are activated for a better run and injury prevention in knees and feet. The tights are furthermore developed with compression for better support and improved blood flow.

Size	Retail price
Men: S-XXL	699,- DKK
Women: XS-XL	93€

Materials	Style no.
75% Recycled nylon	LG1035 (Men)
25% Elastane	LG1036 (Women)



GLU-TECH TRAINING

liiteGuard
INNOVATIVE SPORTSWEAR

WOMEN



GLU-TECH TRAINING TIGHTS

Minimalistic tights designed for the fitness centre and everyday activities.

The tights have been developed in a high waisted design, which ensures high comfort and functionality without compromise. They are equipped with a wide elastic band at the lower back to secure support and comfort.

With fewer seams at the knees, as well as having removed the reflective logos, the tights have achieved a modern and minimalistic look.

GLU-TECH TRAINING has been constructed in a soft and stretchy fabric, to give optimal flexibility. The wide elastic band helps keep the tights safe and secure in place to ensure an elegant fit all day long.

FUNCTIONS

- 1 LOWER BACK SUPPORT
- 2 HIGH WAISTED DESIGN
- 3 100% SQUAT PROOF
- 4 COMFORTABLE FIT
- 5 DISCREET POCKETS
- 6 FLAT-LOCK SEAMS
- 7 FOUR WAY STRETCH
- 8 MOISTURE WICKING
- 9 TRANSFER LOGO ON CALF

Size
Women: XS-XL

Retail price
599,- DKK
79,95€

Materials
75% Recycled nylon
25% Elastane

Style no.
LG1037 (Women)

SOCKS

PRO-TECH
LG1002



PRO-TECH LG
LG1004



MERINO PRO-TECH
LG1054



SHIN-TECH
LG1003



MERINO SHIN-TECH
LG1055



SHORT-GRIP
LG1011



ULTRALIGHT
LG1038



PERFORMANCE SOCK
LG1001



PERFORMANCE KIT
LG1000



FUNCTIONS YOU CAN FIND IN OUR SOCKS

COMPRESSION

PRO-TECH, SHIN-TECH and PERFORMANCE SOCKS are all compression socks, which increases blood flow in the lower leg, so relieve fatigue and reduce soreness and discomfort during and after intense physical exercise.

ACHILLES TENDON COMPRESSION

The achilles tendon is often subjected to constant vibrations during physical activity. Because of that, almost all of our socks are developed to support the achilles tendon. This is done through additional compression directly on the tendon, to reduce potential pains and swelling during and after physical activity.

ANTI-SLIP SOLE

All socks from liiteguard are designed with spotted silicone elements from the front of the foot, to the heel. These create friction with the shoe, ensuring the athlete a better grip in their footwear.

MOISTURE WICKING

All our socks are produced in extremely breathable and moisture wicking fabrics, to ensure the feet are kept dry for better comfort and lesser risk of blisters.

SHIN TECHNOLOGY

The SHIN-TECH running sock is developed to prevent shin splints. Strategically placed silicone elements on the inside of the sock, stimulate muscle tissues and tendons by the shin. This micro massage can reduce the pains, which may occur during a run.

ARCH TENDON SUPPORT

Our SHIN-TECH socks have an additional reinforcement by the inside of the ankle. It runs from under the mid-foot behind the ankle knuckle. The inside of the foot arch is supported and excessive pronation can be lessened through this.

ANKLE TECHNOLOGY

The PRO-TECH sock has been developed with small silicone elements by the ankles to increase the sensory feedback along with the support from the compression, to provide extra security in changes of direction. No matter the surface.

MESH

The SHORT-GRIP sock is woven with an extremely breathable mesh-system. This system matches the surrounding fabric, to avoid irritations from footwear.

MOLDABLE SHIN GUARD

In the PERFORMANCE KIT you will find our unique shin guard, which is made in a special material with a low melting point. This material becomes moldable at 62 degrees, so the customer in seconds is able to mold the uniquely fitting shin guard.

ANATOMICAL DESIGN

With a focus on an anatomical fit, all our socks have a dedicated sock for right and left foot. Furthermore the Short-Grip sock is designed with an additional reinforcement of the elastic at the ankle, to stop stones and gravel from getting in the sock.

POCKET

The PERFORMANCE SOCK is designed with an internal pocket with a lower border, to keep the shin guard in place, without the use of sock tape or under wrap.



PRO-TECH

PRO-TECH

Mid-cut compression sock for running and sports that requires change of direction. Silicone elements in the sole, secures a better grip in the shoe to avoid both twists, blisters and runners' toes.

The PRO-TECH sock is developed with extra compression around the ankle and Achilles tendon and at the same time have strategically placed silicone spots by the ankle, to stimulate sensory feedback for better responsiveness before a twist.

Size
36-39, 40-43, 44-47

Retail price
249,- DKK
32,95€

Materials
43% Recycled nylon
45% Nylon
12% Lycra

Style no.
LG1002

FUNCTIONS

- 1 COMPRESSION
- 2 ANKLE TECHNOLOGY
- 3 ANTI-SLIP SOLE
- 4 ACHILLES TENDON COMPRESSION
- 5 MOISTURE WICKING
- 6 ANATOMICAL DESIGN



PRO-TECH LG

PRO-TECH LG

Get maximum support around the ankle and Achilles tendon with our mid-cut PRO-TECH LG compression sock.

Strategically-placed silicone spots ensure an excellent grip in your shoe, helping to prevent blisters and runner's toes. The PRO-TECH LG sock is perfect for sports with lots of direction changes.

Size
36-39, 40-43, 44-47

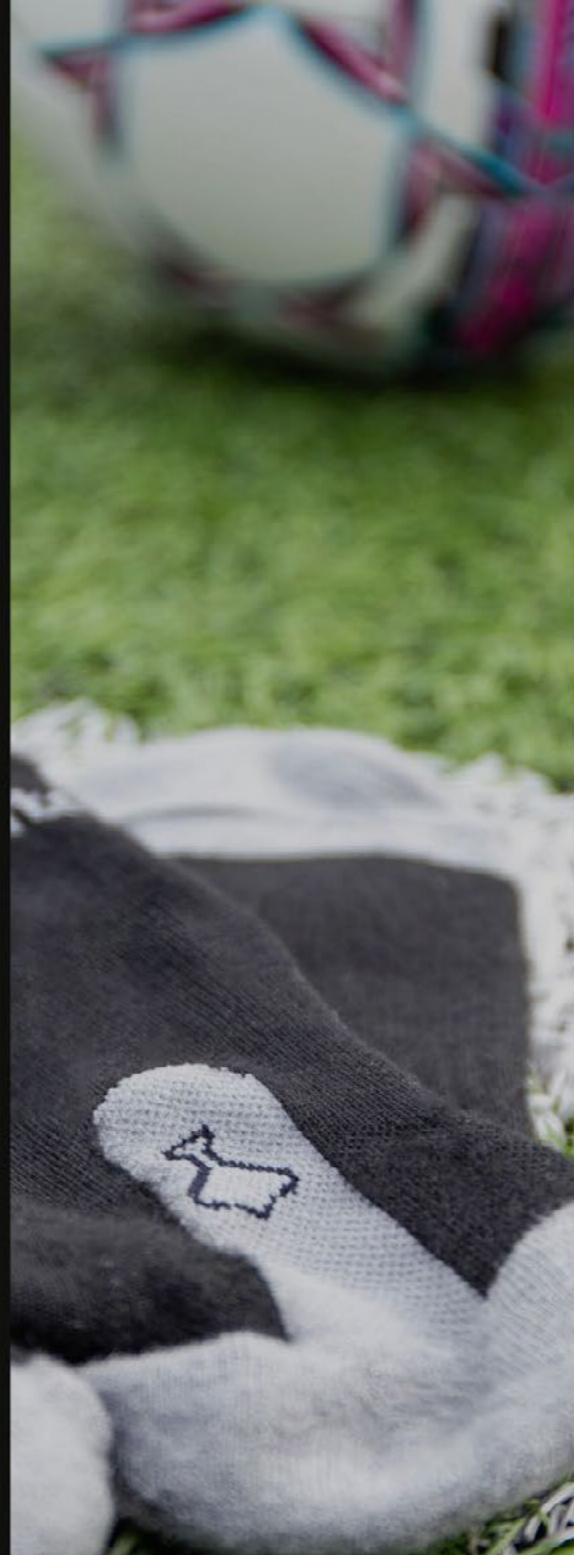
Retail price
249,- DKK
32,95€

Materials
43% Recycled nylon
45% Nylon
12% Lycra

Style no.
LG1004

FUNCTIONS

- | | |
|-------------------------------|---------------------|
| 1 COMPRESSION | 5 MOISTURE WICKING |
| 2 ANKLE TECHNOLOGY | 6 ANATOMICAL DESIGN |
| 3 ANTI-SLIP SOLE | |
| 4 ACHILLES TENDON COMPRESSION | |



MERINO PRO-TECH

Take your sport to the next level with these functional merino wool socks. Get maximum support around ankle and achilles tendon in merino wool, which at the same time ensures optimal warmth and breathability.

The sock strategically placed silicone elements gives you a better footing in your shoe, and helps prevent blisters and runner's toes. Especially suited for sports with quick changes of directions.

FUNCTIONS

- | | |
|-------------------------------|---------------------|
| 1 COMPRESSION | 5 MOISTURE WICKING |
| 2 ANKLE TECHNOLOGY | 6 ANATOMICAL DESIGN |
| 3 ANTI-SLIP SOLE | 7. MERINO WOOL |
| 4 ACHILLES TENDON COMPRESSION | |

Size
36-39, 40-43, 44-47

Retail price
275,- DKK
37€

Materials
32% Nylon
10% Lycra
23% Merino wool
35% Acrylic

Style no.
LG1054

MERINO PRO-TECH



SHIN-TECH

SHIN-TECH

Long running sock with compression. Features anti-slip silicone spots for better grip in the shoe along with strategically placed silicone elements along the shins and the calf muscles. These stimulate the blood flow along the shin, which helps prevent injuries such as shin splints.

Size
36-39, 40-43, 44-47

Retail price
399,- DKK
52,95€

Materials
47% Recycled nylon
40% Nylon
13% Lycra

Style no.
LG1003

FUNCTIONS

- | | |
|----------------------------------|---------------------|
| 1 COMPRESSION | 5 MOISTURE WICKING |
| 2 ANKLE TECHNOLOGY | 6 ANATOMICAL DESIGN |
| 3 ANTI-SLIP SOLE | 7 SHIN TECHNOLOGY |
| 4 ACHILLES TENDON
COMPRESSION | |



MERINO SHIN-TECH

MERINO SHIN-TECH

Long compression sock in merino wool well suited for the runner who wants to perform at their best, every time. This compression sock is not only constructed with quality merino wool, but is also equipped with an innovative silicone pattern along the shin, which stimulates blood flow and can help prevent shin splints.

Furthermore the anti-slip sole helps ensure a better footing in your footwear, so you can avoid blisters and runners' toes. It is particularly well suited for running and sports with changes of directions.

FUNCTIONS

- 1 COMPRESSION
- 2 ANKLE TECHNOLOGY
- 3 ANTI-SLIP SOLE
- 4 ACHILLES TENDON COMPRESSION
- 5 MOISTURE WICKING
- 6 ANATOMICAL DESIGN
- 7. MERINO WOOL

Size
36-39, 40-43, 44-47

Retail price
450,- DKK
61€

Materials
34% Nylon
10% Lycra
24% Merino wool
32% Acrylic

Style no.
LG1055



SHORT-GRIP



SHORT-GRIP

Low cut sports sock in extremely breathable fabric. The sock is designed with optimal fit and equipped with silicone spots on the sole to ensure a firm grip in the shoe, so you avoid blisters and runners' toes.

The anatomical fit of the sock with extra reinforcement by the ankle prevent stones and gravel getting in the sock.

Optimal for training and everyday life.

Size
36-39, 40-43, 44-47

Retail price
149,- DKK
19,95€

Materials
90% Polyamide
10% Elastane

Style no.
LG1011

FUNCTIONS

- 1 MESH
- 2 ANTI-SLIP SOLE
- 3 MOISTURE WICKING
- 4 ANATOMICAL DESIGN





ULTRALIGHT



ULTRALIGHT

Our ULTRALIGHT compression sock, is a sock which is perfect for the hot training passes, as it's extremely light with high moisture wicking capabilities. The ULTRALIGHT sock is developed with arch support and Achilles tendon compression, which are two areas that are particularly exposed during exercise.

The compression can help prevent swollen feet when it gets hot. Furthermore the sock has been developed with an extra cushioning along the sole of the foot, as well as seamless toe caps, which are both designed to reduce the risk of blisters.

Unlike our PRO-TECH, our ULTRALIGHT sock has been developed without silicone spots, which is part of what makes both lighter, and easier to put on. As such it is well suited for triathletes, as it easier to put on with wet feet, as well as customers who do not like the feeling of the anti-slip sole known from our other compression socks.

FUNCTIONS

- 1 COMPRESSION
- 2 MOISTURE WICKING
- 3 BREATHEBLE MESH
- 4 ACHILLES TENDON COMPRESSION
- 5 ANATOMICAL DESIGN
- 6 CUSHIONING ALONG SOLE

Size:
36-39, 40-43, 44-47

Retail price
199,- DKK
26,95€

Materials
44% Recycled nylon
45% Nylon
11% Lycra

Style no.
LG1038



PERFORMANCE



PERFORMANCE SOCK

Liiteguard's performance sock is for the football player who wants all benefits in one sock. The performance sock is designed with a unique inside pocket that ensures that the shin guard stays in place without the use of annoying and tightening sports tape. Furthermore the sock is developed with graduated compression that stimulates blood flow in the leg and contributes to increased performance.

On the sole you will find silicone spots that ensure a better grip in the football boot during fast runs and changes of direction.

The performance sock is optimal for the player who wants to play without annoying shin guards and tight sports tape.

Size
36-39, 40-43, 44-47

Retail price
399,- DKK
52,95€

Materials
91% Polyamide
9% Elastane

Style no.
LG1001

FUNCTIONS

- 1 COMPRESSION
- 2 ANTI-SLIP SOLE
- 3 POCKET
- 4 ACHILLES TENDON COMPRESSION
- 5 MOISTURE WICKING
- 6 ANATOMICAL DESIGN



**ISPO
Award
2023**



Winner

PERFORMANCE KIT

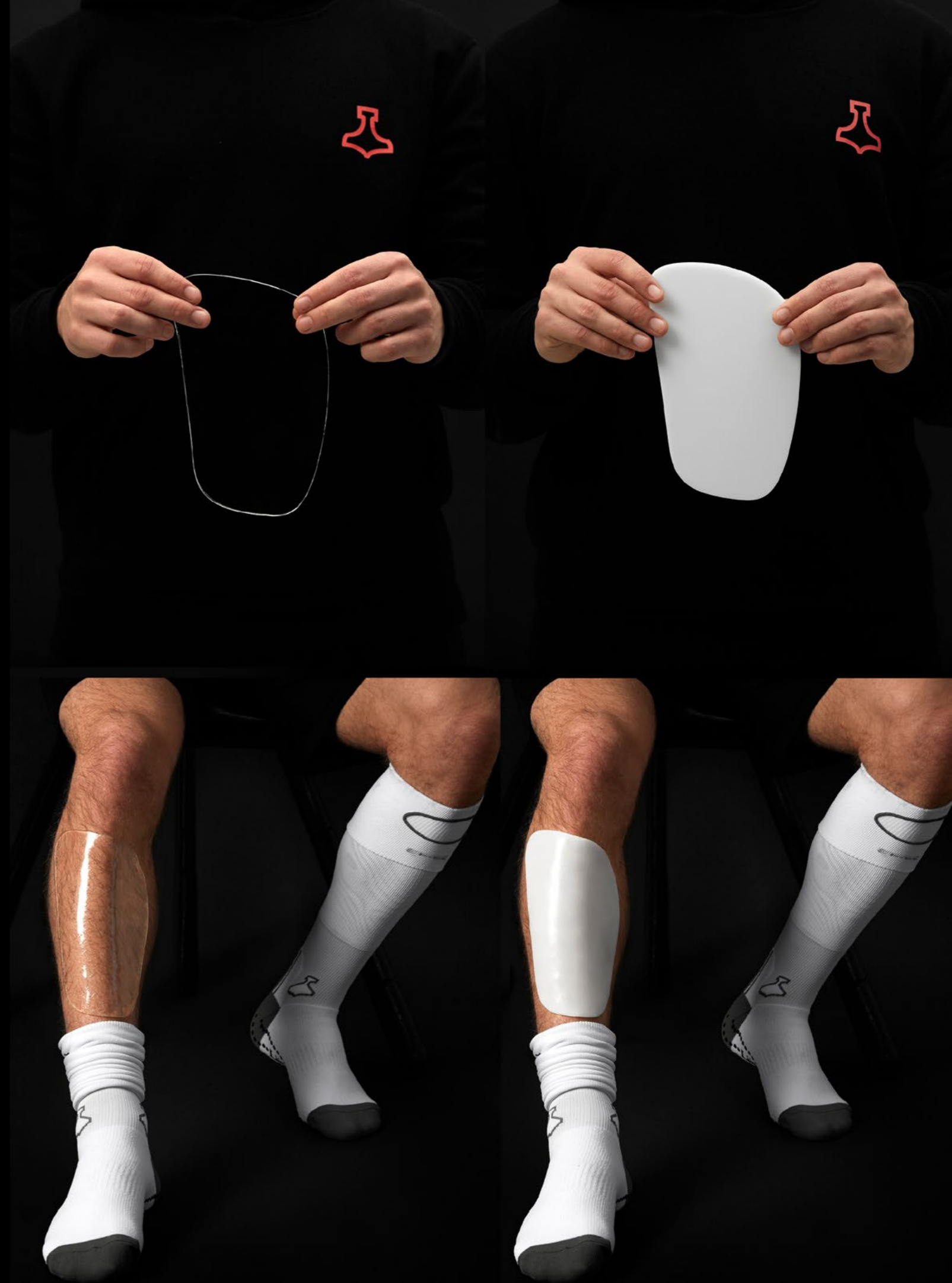
- FEATURING THE WORLD'S FIRST MOLDABLE SHIN GUARD

The shin guard has been developed in a special and moldable plastic material, so you can mold it after your own shin. The shin guards are so light, that you barely even notice you are wearing them. At the same time, they give you the optimal protection as well as freedom of movement, so you can feel safe on the pitch.



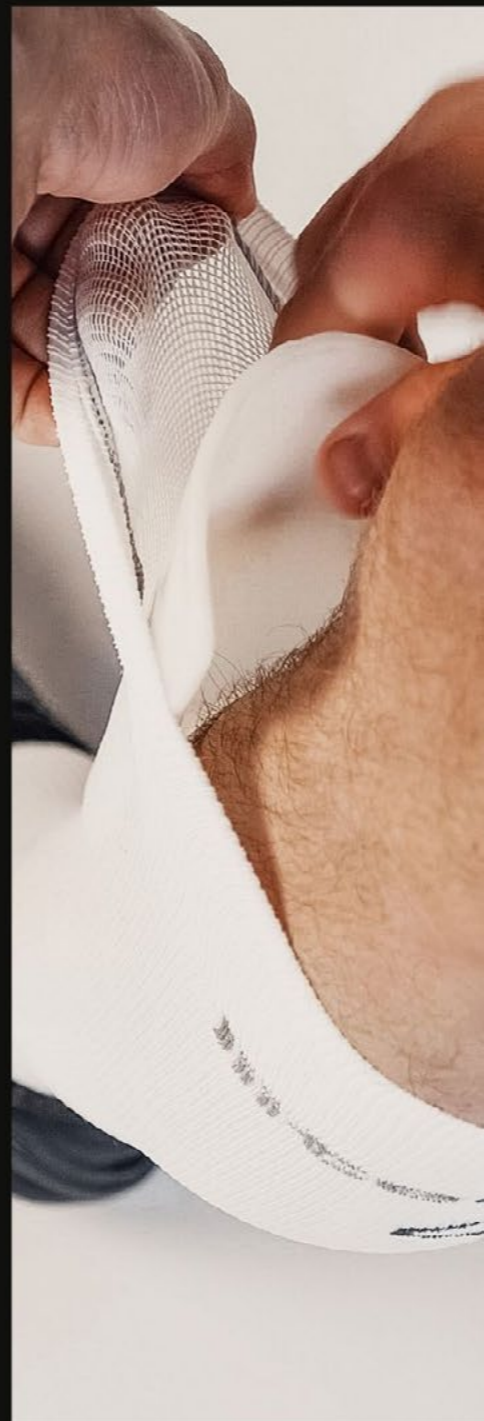
Do you want to hear more about the PERFORMANCE KIT?
Then follow the link below

liteguard.com/shinguard





PERFORMANCE KIT



PERFORMANCE KIT

Our PERFORMANCE KIT consists of a PERFORMANCE SOCK as well as MOLDABLE SHIN GUARDS.

The performance sock is for the football player who wants every benefit in one sock. The sock is designed with an inside pocket for the shin guard as well as silicone spots on the sole to provide a better grip in the football boot during fast runs and changes of direction. The sock has graduated compression which stimulates blood flow and contributes to increased performance.

The shin guard is developed in a light material that becomes moldable at 58-62 degrees. The customer can, with hot water, easily mold the shin guard after their own legs and cut it as needed.

Size	Retail price
36-39, 40-43, 44-47	599,- DKK 79,95€
Materials	Style no.
91% Polyamide 9% Elastane	LG1000

FUNCTIONS

- 1 COMPRESSION
- 2 ANTI-SLIP SOLE
- 3 POCKET
- 4 ACHILLES TENDON COMPRESSION
- 5 MOISTURE WICKING
- 6 ANATOMICAL DESIGN
- 7. MOLDABLE SHIN GUARD



SLEEVES

liiteGuard sleeves for optimal support

TECH-SLEEVE

LG1022



SHIN-TECH SLEEVE

LG1039



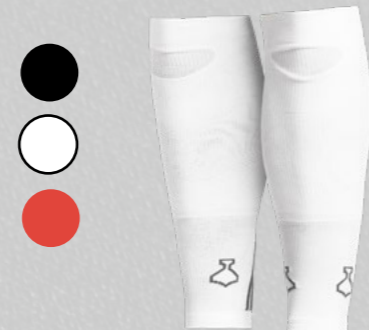
PERFORMANCE SLEEVE KIT

LG1016



PERFORMANCE SLEEVE

LG1017

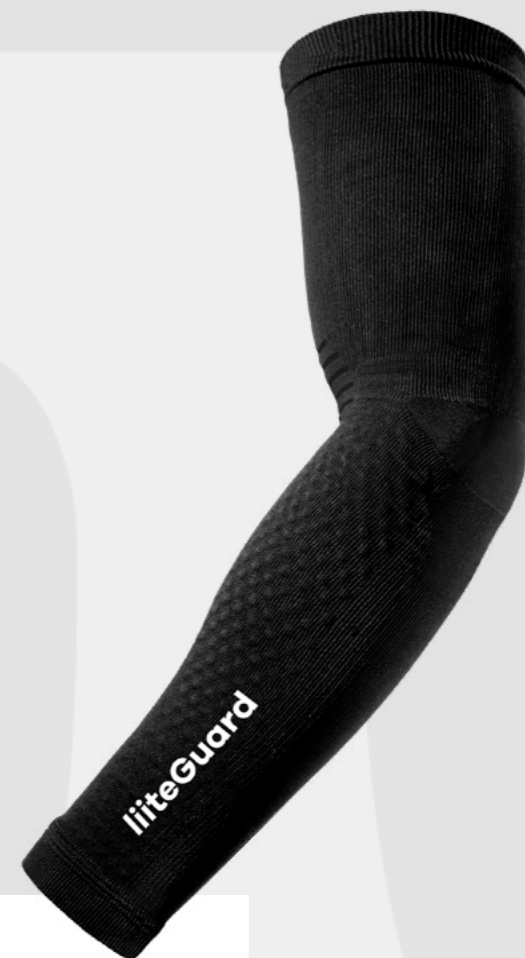


LiiteGuard has developed a range of sports sleeves who want to get an extra performance edge in training, a match or a race.

With liiteGuards TECH-SLEEVE you customers get a compression sleeve, which is well suited for the athletes who enjoys sports with a high stress load and a high amount of repetitions. The sleeve is equipped with innovative silicone patterns which have been strategically places along the muscles in the forearms. These silicone patterns help to stimulate blood flow, and has the purpose of reducing the risk of injuries such as tennis and golf elbow.

FEATURES

- Graduated compression for optimal blood flow.
- Anatomical fit for optimal movement
- Moisture-wicking fabric which ensures an optimal transport of sweat
- Increased recovery after activity



TECH-SLEEVE

The liiteGuard TECH-SLEEVE is developed with a new and innovative silicone pattern placed strategically on the exposed muscles in the forearm.

The pattern creates a better blood flow in the arm and stimulates crucial triggering points with the primary purpose of reducing your risk of common injuries like, for example, golf- and tennis elbow.

Furthermore, the TECH-SLEEVE is designed with a grip edge placed on the top of the arm that ensures the sleeve stays in place during your entire workout.

Size	Retail price
XS-XXL	175,- DKK 23,95€
Materials	Style no.
72% Nylon 28% Lycra	LG1022

FUNCTIONS

- 1 COMPRESSION
- 2 STRATEGIC SILICONE PATTERNS
- 3 MOISTURE WICKING FABRIC
- 4 MOVEABILITY AND VENTILATION
- 5 GRIP BORDER

TECH-SLEEVE

liiteGuard



SHIN-TECH SLEEVE



SHIN-TECH SLEEVE

The SHIN-TECH SLEEVE is a compression sleeve developed with the same functions as our SHIN-TECH compression sock.

The SHIN-TECH SLEEVE is suitable for the runner who is suffering from shin splints or wants to prevent shin splints. It is equipped with an innovative silicone pattern along the shin that stimulates blood flow and prevents inflammation. The compression function increases the circulation in the lower leg, which can relieve fatigue and reduce discomfort during and after physical activity.

Choosing a compression sleeve over a compression sock, the runner has the option to combine the sleeve with other socks based on their preferences

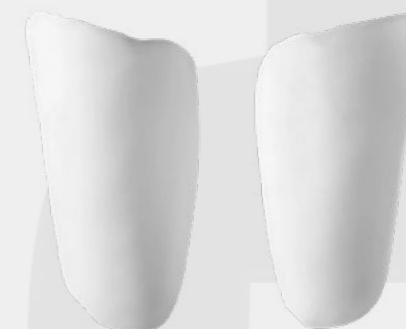
FUNCTIONS

- 1 COMPRESSION
- 2 SHIN TECHNOLOGY
- 3 MOISTURE WICKING
- 4 ACHILLES TENDON COMPRESSION

Size	Retail price
S-XL	299,- DKK
	39€
Materials	Style no.
41% Recycled nylon	LG1039
45% Nylon	
14% Lycra	



PERFORMANCE SLEEVE KIT



PERFORMANCE SLEEVE KIT

Our performance sleeve kit contains two performance sleeves as well as our moldable shin guards.

The performance sleeve is for the football player, who has to play with a specific outer sock, but refuses to compromise with the inner layer. They have been developed to provide maximum support for the lower leg, as well as improve blood circulation, which reduces the risk of strains, helps against heavy legs and keeps the muscles fresh, so you can perform at your best.

The shin guard is developed in a light material which become moldable at 58-62 degrees. The customer can, with a hot water bath easily mold the shin guard to their own leg and cut it as needed. The shin guard can be remolded again and again.

Size	Retail price
S-L	499,- DKK 66,95€
Materials	Style no.
11% Lycra 55% Recycle nylon 34% Nylon	LG1016

FUNCTIONS

- 1 COMPRESSION
- 2 MOISTURE WICKING
- 3 POCKET
- 4 ACHILLES TENDON COMPRESSION
- 5 ANATOMICAL DESIGN



PERFORMANCE SLEEVE



PERFORMANCE SLEEVE

The PERFORMANCE SLEEVE is for the football player, who has to play with a specific outer sock, but refuses to compromise with the inner layer. They have been developed to provide maximum support for the lower leg, as well as improve blood circulation, which reduces the risk of strains, helps against heavy legs and keeps the muscles fresh, so you can perform at your best.

LiiteGuard's PERFORMANCE SLEEVE is for the footballer who wants to improve their performance from the first blow of the whistle.

Size
S-L

Retail price
299,- DKK
40€

Materials
11% Lycra
55% Recycle nylon
34% Nylon

Style no.
LG1017

FUNCTIONS

- 1 COMPRESSION
- 2 MOISTURE WICKING
- 3 POCKET
- 4 ACHILLES TENDON COMPRESSION
- 5 ANATOMICAL DESIGN

RE-LIITE

RECYCLED TO HIGHER PERFORMANCE

RE-LIITE SHORTS

LG1047 (Men)



RE-LIITE ANORAK

LG1049 (Unisex)



RE-LIITE PANTS

LG1050 (Men)

LG1051 (Women)



BEAT THE HEAT

We perform at our best, when we don't have it too hot. When the pulse increases and the body temperature rises, sweat production will start, to cool off the body - however, if you are unable to get rid of the sweat, you will heat up even more, and with a higher pulse comes a higher risk of fatigue and in the worst case dehydration. Furthermore, your body uses a lot of energy in trying to cool off with sweat, which we, instead, help you use for your performance!

RE-LIITE = Recycled LiteGuard

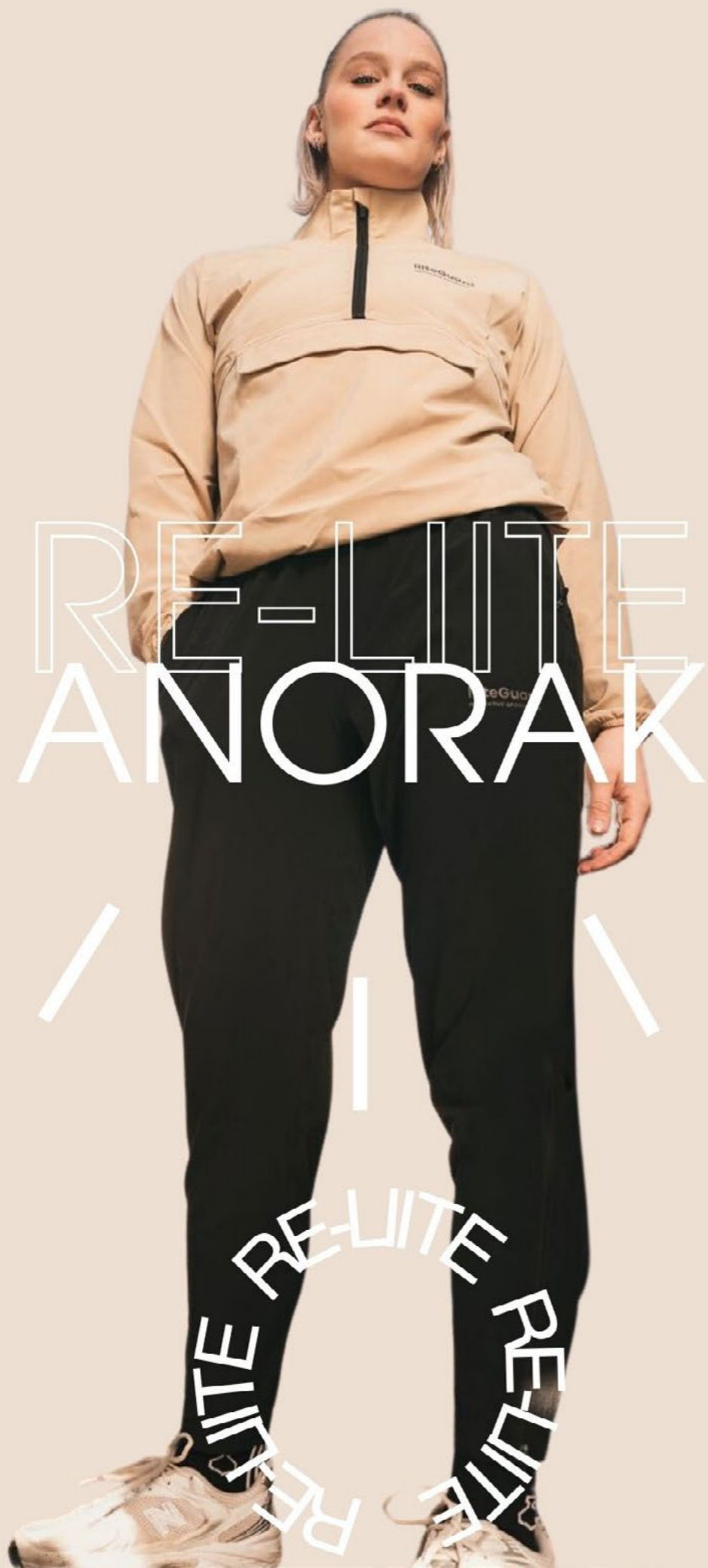
We always strive to find new materials which are both extremely durable as well as recycled, as it means a lot to us, to reduce overproduction. Aside from focusing on recycling, we are also aware that some of the harsh strain we put on the environment comes from how often we wash our clothes.

Recycling of materials is an important part of our effort to reduce our impact on the environment. We have a goal of ensuring that 80% of all of our products are made of recycled materials by 2025.

FEATURES

- RECYCLED MATERIALS
- FAST DRYING
- 4-WAY STRETCH
- UNBEATABLE SWEAT TRANSPORT

UNISEX



RE-LIITE ANORAK

RE-LIITE ANORAK



RE-LIITE ANORAK

The RE-LIITE Anorak is the ideal addition to your sportswear collection. Matching our RE-LIITE Pants, the anorak is made of 86% recycled polyester.

It's lightweight and breathable unisex design ensures optimal performance during workouts and keeps you dry and comfortable.

With its 4-way stretch material and adjustable elastic, it provides exceptional freedom of movement. The discreet chest zipper pocket offers convenient storage for essentials.

Choose the RE-LIITE Anorak to offer your customers a combination of functionality and lasting comfort.

FUNCTIONS

- 1 UNISEX DESIGN
- 2 DISCREET CHEST POCKETS
- 3 4-WAY STRETCH MATERIAL
- 4 QUARTER ZIP CLOSURE

Size	Retail price
UNISEX: XS-XXL	799,- DKK
	107,50€

Materials	Style no.
86% Recycled polyester	LG1049
14% Spandex	



WOMEN

MEN



RE-LITE PANTS

Enhance your customers' sports experience with our RE-LITE Pants, the ultimate choice for active individuals. These performance pants are crafted with 86% recycled polyester without compromising on quality.

Experience exceptional freedom of movement with the 4-way stretch material, while the adjustable waist and bottom zipper ensure they are easy to put on and take off for workouts.

Offer your discerning customers sportswear that combines functionality, responsibility, and unparalleled comfort. Meet the demands of customers seeking the best in sportswear.

FUNCTIONS

- 1 4-WAY STRETCH
- 2 ELASTICATED WAIST
- 3 2 REGULAR ZIP POCKETS
- 4 UNBEATABLE SWEAT TRANSPORT
- 5 REFLECTIVE LOGOS ON THE FRONT AND BACK

Size:
Men: S-XXL
Women: XS-XL

Retail price
799,- DKK
107,50€

Materials
86% Recycled polyester
14% Spandex

Style no.
LG1050 (Men)
LG1051 (Women)





RE-LIITE SHORTS

Our RE-LIITE shorts for men feature a sleek design in lightweight performance material. These shorts offer unparalleled freedom of movement and a feeling of weightlessness, thanks to their stretchy construction.

With two regular pockets and a zippered pocket, your customers can securely store their belongings during their runs. The moisture-wicking and breathable material ensure comfort and can help prevent overheating.

Made from 86% recycled polyester, these shorts align with our responsible goals. Elevate your customers' workout or everyday wear experience with these versatile shorts.

FUNCTIONS

- 1 UNBEATABLE SWEAT TRANSPORT
- 2 ELASTICATED WAIST
- 3 2 REGULAR POCKETS AND ONE ZIP POCKET
- 4 4-WAY STRETCH
- 5 REFLECTIVE LOGOS ON THE FRONT AND BACK

Size Men: S-XXL	Retail price 349,- DKK 46,75€
Materials 86% Recycled polyester 14% Spandex	Style no. LG1047

GROUND-TECH

DRINK IT AND WEAR IT

Made with coffee

The global coffee consumption constantly generates large amounts of coffee grounds. Unfortunately a lot of this is wasted.

With the S.Café®-technology coffee grounds are recycled into coffee fibers. These porous coffee fibers are fused with the fabric threads, which can be used to create innovative sportswear. Coffee grounds are brilliant to use for the production of sportswear because of its many advantageous properties such as anti-odour, fast drying, moisture wicking, breathability and UV-protection. So the next time you drink a cup of coffee, think about how the coffee grounds can be transformed into our GROUND-TECH collection.

100% recycled polyester (without elastane)

At liiteGuard we strive to always discover new materials, which are extremely durable, recycled and responsible. Which the S.Café®-material is.

The GROUND-TECH t-shirt is made in 100% recycled polyester, which has been spun with coffee fibers extracted from ground coffee.

Besides having a massive focus on using responsible materials, we are also aware that one of the most strenuous things for the environment is frequent washing of clothes.

GROUND-TECH T-SHIRT

LG1056 (Men)
LG1057 (Women)



GROUND-TECH SINGLET

LG1058 (Men)
LG1059 (Women)



GROUND-TECH 1/4 ZIP

LG1060 (Men)
LG1061 (Women)



FEATURES

- MADE FROM 100% RECYCLED POLYESTER AND COFFEE GROUNDS
- SUBLIME BREATHABILITY
- EXTREMELY QUICK DRYING
- UNMATCHED SWEAT TRANSPORT
- NATURAL ODOR-FIGHTING PROPERTIES WITHOUT ADDED CHEMICALS

Dark Navy



Bordeaux



Dusty Green



WOMEN

MEN



GROUND-TECH T-SHIRT

The GROUND-TECH t-shirt is for you, if you want an extremely light and breathable training t-shirt with world class moisture wicking capabilities. It has been constructed in the responsible and innovative material S.Café®, which mixes polyester and coffee fibers. This unique material gives you a t-shirt which is fast drying, resistant to odours and feels incredibly light to wear.

FUNCTIONS

- 1 TOP CLASS MOISTURE WICKING
- 2 EXTREMELY FAST DRYING
- 3 WORLD CLASS BREATHABILITY
- 4 MADE WITH COFFEE GROUNDS
- 5. UV-PROTECTION
- 6. NATURAL ODOUR FIGHTING PROPERTIES

Size
Men: S-XXL
Women: XS-XL

Retail price
349,- DKK
47,00€

Materials
13% Recycled polyester
87% S.Cafe treated recycled polyester

Style no.
LG1056 (Men)
LG1057 (Women)

Black



GROUND-TECH T-SHIRT

Dark Navy



Bordeaux



Dusty Green



WOMEN

MEN



GROUND-TECH SINGLET

The GROUND-TECH singlet is for you, who wants an extremely light and breathable singlet with moisture wicking capabilities in a class of its own. It has been created in the responsible and innovative S.Café® material, which is a mix of polyester and coffee fibers. The unique material gives you a singlet, which is fast drying, has anti-odour properties and feels extremely light to wear.

FUNCTIONS

- 1 TOP CLASS MOISTURE WICKING
- 2 EXTREMELY FAST DRYING
- 3 WORLD CLASS BREATHABILITY
- 4 MADE WITH COFFEE GROUNDS
- 5. UV-PROTECTION
- 6. NATURAL ODOUR FIGHTING PROPERTIES

Size	Retail price
Men: S-XXL	299,- DKK
Women: XS-XL	40,00€
Materials	Style no.
13% Recycled polyester	LG1058 (Men)
87% S.Cafe treated recycled polyester	LG1059 (Women)

Black



GROUND-TECH SINGLET



Dusty Green



Black



WOMEN



MEN



GROUND-TECH 1/4 ZIP

Turn up the tempo in the GROUND-TECH 1/4 ZIP running shirt!

An extremely light and comfortable running shirt equipped with a 1/4 zip. Developed in the responsible and innovative material S.Café®, which is a mix recycled polyester and coffee grounds.

The unique light weight fabric gives you a running shirt, which is temperature regulating, fast drying and breathable.

FUNCTIONS

- 1 TOP CLASS MOISTURE WICKING
- 2 EXTREMELY FAST DRYING
- 3 WORLD CLASS BREATHABILITY
- 4 MADE WITH COFFEE GROUNDS
- 5. UV-PROTECTION
- 6. NATURAL ODOUR FIGHTING PROPERTIES

Size
Men: S-XXL
Women: XS-XL

Retail price
599,- DKK
81,00€

Materials
67% recycled S.Café®
polyester
8% recycled polyester
25% Graphene polyester

Style no.
LG1060 (Men)
LG1061 (Women)

GROUND-TECH 1/4 ZIP



BASELAYER

SPINE-TECH

LG1052 (Men)

LG1053 (Women)



Optimized posture and performance with our Baselayers

Specially constructed to improve your posture during training

Our spine technology is designed to support your upper back posture during exercise. With fatigue, we often let the upper back muscles "hang" instead of maintaining an upright posture. Optimal posture requires that several groups of muscles work together and that you maintain strong core control. The SPINE-TECH baselayer is designed to help you achieve a more upright posture. Good posture relieves tension in the neck and shoulder muscles, which can improve your running economy.

A tight fit

The form-fitting construction ensures optimal contact between your skin and the base layer. This promotes sweat-wicking and temperature regulation by absorbing sweat from your body into the material. The tight fit also provides support during activity and reduces muscle vibrations to reduce muscle soreness after exercise.

Built-in mesh for additional ventilation

The SPINE-TECH baselayer has a special built-in mesh on the back, close to the spine. Research has shown that the upper back is a hot spot for sweat, especially around the spine. Our built-in mesh is perfectly placed to ensure optimal ventilation and temperature regulation during physical activity.

FEATURES

- POSTURE OPTIMIZING CONSTRUCTION
- TEMPERATURE REGULATING FABRIC
- HIGH MOISTURE WICKING CAPABILITIES
- BREATHABLE MESH
- FOUR WAY STRETCH
- SKIN TIGHT FIT

WOMEN

MEN

SPINE-TECH

SPINE-TECH

SPINE-TECH

SPINE-TECH

SPINE-TECH

BASELAYER



SPINE-TECH BASELAYER

Achieve better posture and support during your workouts with liiteGuard's SPINE-TECH baselayer.

This product features a special construction around the upper part of the back designed to improve posture.

The snug fit ensures optimal moisture-wicking to keep you from getting cold.

The built-in mesh on the back provides extra ventilation and temperature regulation.

FUNCTIONS

- 1 SKIN TIGHT FIT
- 2 BREATHABLE MESH
- 3 FOUR WAY STRETCH
- 4 POSTURE OPTIMIZING CONSTRUCTION
- 5 TEMPERATURE REGULATING FABRIC
- 6 HIGH MOISTURE WICKING CAPABILITES

Size	Retail price
Men: S-XXL	449,- DKK
Women: XS-XL	60,00€
Materials	Style no.
72% Recycled nylon	LG1052 (Men)
28% Elastane	LG1053 (Women)

ACCESSORIES

HEADBAND LG1030



THE FINAL PIECE TO YOUR LOOK

Sweat getting into the eyes can sting, and a big annoyance when you are being active.

With liiteguards headband you can be sure to keep sweat away from your eyes, when you are active.

Our headband is produced in 75% cotton and will therefore absorb a lot of sweat, and combined with 25% spandex, it is flexible and fits tightly in place for your training.

The headband is available in two colors, and can be machine washed at 30 degrees.

FEATURES

- 75% cotton, 25% spandex
- Machine-washable at 30 degrees Celsius



UNISEX



HEADBAND

Sweat in your eyes can be a major annoyance when you're active.

With liiteguard's new headbands, you can now ensure that you keep sweat away from your eyes during physical activity.

Our sweatbands are made of 75% cotton, making them highly sweat-absorbent. Combined with 25% spandex, they are flexible and snug-fitting, staying in place while you train.

The headband comes in two colors and is machine washable at 30 degrees.

FUNCTIONS

- 1 FLEXIBLE AND TIGHT FIT

Size	Retail price
UNISEX: Onesize	150,- DKK
	10,00€
Materials	Style no.
75% Cotton	LG1030
25% Spandex	



SIZE GUIDE

TIGHTS		XS	S	M	L	XL	XXL
MEN	WAIST		75-79	80-84	85-89	90-94	95-99
	HIP		91-95	95-99	99-103	103-107	107-111
WOMEN	WAIST	66-70	70-74	74-78	78-82	82-86	
	HIP	90-94	94-98	98-102	102-107	108-112	

SHORTS		XS	S	M	L	XL	XXL
MEN	WAIST		75-79	80-84	85-89	90-94	95-99
	HIP		91-95	95-99	99-103	103-107	107-111
WOMEN	WAIST	66-70	70-74	74-78	78-82	82-86	
	HIP	90-94	94-98	98-102	102-107	108-112	

TOP		XS	S	M	L	XL	XXL
MEN	CHEST		87-92	93-94	95-101	109-118	119-130
	WAIST		75-80	81-88	89-96	97-106	107-119
	HIP		86-91	92-99	100-107	108-116	117-125
WOMEN	CHEST	77-82	83-88	89-94	95-101	86-94	
	WAIST	61-66	67-72	73-78	79-85	86-94	
	HIP	86-91	92-97	98-103	104-110	111-117	

SOCKS	36-39	40-43	44-47

OVERVIEW

PAGE	STYLE NO	STYLE NAME
17	LG1013 + LG1018	GLU-TECH TIGHTS
19	LG1014 + LG1019	GLU-TECH LONG
21	LG1015 + LG1020	GLU-TECH INFINITY
23	LG1021	GLU-TECH 2in1 MEN
25	LG1028 + LG1029	GLU-TECH INNERTIGHTS
27	LG1048	GLU-TECH 2in1 WOMAN
29	LG1035 + LG1036	GLU-TECH HOT
31	LG1037	GLU-TECH TRAINING
35	LG1002	PRO-TECH
37	LG1004	PRO-TECH LG
39	LG1054	MERINO PRO-TECH
41	LG1003	SHIN-TECH
43	LG1055	MERINO SHIN-TECH
45	LG1011	SHORT-GRIP
47	LG1038	ULTRALIGHT
49	LG1000	PERFORMANCE KIT
53	LG1001	PERFORMANCE SOCK
57	LG1022	TECH SLEEVE
59	LG1039	SHIN-TECH SLEEVE
61	LG1016	PERFORMANCE SLEEVE KIT
63	LG1017	PERFORMANCE SLEEVE
67	LG1049	RE-LIITE ANORAK
69	LG1050 + LG1051	RE-LIITE PANTS
71	LG1047	RE-LIITE SHORTS
75	LG1056 + LG1057	GROUND-TECH T-SHIRT
77	LG1058 + LG1059	GROUND-TECH SINGLET
79	LG1060 + LG1061	GROUND-TECH 1/4 ZIP
83	LG1052 + LG1053	SPINE-TECH BASELAYER
87	LG1030	HEADBAND



liiteGuard

INNOVATIVE SPORTSWEAR



CATALOGUE 2024