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29. July 2015

The Review | Nukeproof Lite Knee Pads



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Gone are the days where we had to stop on every climb to low-ride our knee pads, the a wealth of lightweight pads on the market that offer excellent levels of protection and comfort. Nukeproof have now joined the party with their Lite Knee Pads, which at €54.99 (£39.99) seem outstanding value, we could not wait to check them out.



At €54.99 (£39.99), the Nukeproof Lites offer great protection at a great price

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The Lite Knee pads have a clean and simple construction, featuring a full sleeve without additional size adjustment straps. The rear of the pad is constructed from stretchy and mesh for ventilation. The pads are held in place with silicone cuffs at the top and bottom. The front panel features a Kevlar reinforced front panel for maximum abrasion resistance. The EVA protective material is approximately 1cm thick and highly flexible, offering a good balance between protection and comfort. The inside of the pad is lined with a soft moisture wicking towel to keep them cool and dry. At 285g the pads sit well with the competition and they are available in S, M, L and XL.

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The mesh rear panels are comfortable and highly breathable

Carbon Fibre Shinpads

100% Aerospace Grade Protection for Football! Super Light & Strong \$150



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The Kevlar front panel has shrugged off crashes well



The styling is certainly not subtle, but we liked the strong colours

We tested a size Medium pad, which was well sized. Upon receiving the pad they looked more robust than some of the flyweight competition and we worried that they may be a overbuilt and bunch and rub. We could not have been more wrong! After over 20 good r pads have not been uncomfortable in anyway, we experienced no bunching or rubbing ev brutally hot days. They are a little warmer than some for climbing on very hot days, but is that they feel very confidence inspiring and have shrugged off two big crashes with b to the Kevlar. The protective pad extends down the shin bone more than some, so prov more protection against pedal strikes and rocks.



The pads inspire confidence and let you push a little harder in the rocks

We found the pads very comfortable on long rides and did not feel the need to pull the drawn out climbs. The Silicone bands did a great job holding the pad in place, and throu scrapes and crashes they remained in position well. As there are no adjustment options, everything and it would be vital to try them on first to get the correct size, but we foun Medium was well sized for our 75kg tester.

The mesh rear panel vented well, and so far all the stitching has stood up well to repea wash/tumble dry cycles. The styling is certainly bold and if you like looking like a crash you will love the lairy yellow branding, they certainly stand out anyway.



After 20 rides, the Nukeproof Lite pads are holding up great

Bottom Line

We have been impressed with the comfort of the Nukeproof Lite pads and cannot fault their protective properties. Not quite as thin as some of the ultralight trail pads on the market, Nukeproofs offer a little more protection and confidence and would be perfect for a rider looking for something a little burlier than the minimalist competition. With no adjustments, it's important to try these pads on, but if they fit the Lite's are very well priced and perform exceptionally well. Light, affordable and high performance, you can now pick all three!

Full details of these pads will be hitting the [Nukeproof Website](#) soon

Words and photos: Trev Worsley