

B STRONGTM

BLOOD FLOW RESTRICTION (BFR) TRAINING

GENERAL OVERVIEW



What is B StrongTM BFR?

B Strong has specifically engineered a narrow elastic band that is placed around the arm and/or leg. It is inflated with a hand pump to a specific pressure. This temporarily changes the way blood exits the limb. When exercising with B Strong, it makes relatively easy exercise seem challenging, as the brain thinks the muscle is working harder than it actually is.



How does B StrongTM BFR work?

After the B Strong bands are inflated, exercise begins. The exercise may involve body weight exercise or lifting minimal resistance. It may include walking or even swimming. Due to an altered environment, muscles have to call on more help and a signal is also sent to the brain. This causes a series of events to occur which benefits health and fitness.



Why is B StrongTM BFR beneficial?

Muscles can get stronger, blood vessels healthier, and bones more dense. These are a few of the benefits of B Strong. A series of simple exercise involving light resistance can produce similar results to an intense exercise session. Sessions are short, taking no more than 20 minutes to complete.



Is B StrongTM BFR safe to use?

B Strong was designed with safety as a top priority and is safe for nearly all people. When properly applied, the band can be fully inflated without completely cutting off blood flow. Full occlusion while exercising can increase risk for injury. B Strong assures blood is always moving through the limb.



Who can use B StrongTM BFR?

This type of training is advantageous for the young and the old, the healthy and injured, and the strong and weak. BFR is typically used in medical facilities and gyms, but because B Strong is safe, easy to use, and portable it can be used at home. This allows for more consistency and better results.