

# Start your BFR journey

We're launching our CEU course options this summer.



## Suji Basic – Efficient Introduction to BFR Training

90 minute (1.5 BOC CEUs) live webinar for up to 20 attendees

Suji Basic is our entry level BFR education course to get you up and running quickly and efficiently. In this course, we will highlight the mechanisms of BFR training and introduce simple and effective training concepts that can be applied across the athletic training practice continuum.

Webinar **\$650**

### Highlights:

- History and mechanisms of BFR
- Indications and Contraindications for BFR
- Suji System Education
- BFR for the athletic trainer

## Suji Cert - Start your BFR Journey by becoming Suji Certified

4 hour (4 BOC CEUs) live webinar for up to 20 attendees

This innovative education course covers everything you need to get started with Blood Flow Restriction training. We will study the history and mechanisms of BFR training and learn to apply a variety of BFR principles within the areas of musculoskeletal rehabilitation, sports performance training, pain mitigation and recovery. Attendees will be equipped with a skillset to program BFR training to fit every athlete's goals.

Webinar **\$1,995**

### Highlights:

- History and mechanisms of BFR
- Indications and Contraindications for BFR
- Suji System Education
- BFR for Rehab, Pain, Performance and Recovery
- Short and long-term BFR programming

## Suji Cert Premium – Our most advanced and comprehensive Suji education

6 hour (6 BOC CEUs) in-person seminar for up to 20 attendees

Suji Cert Premium explores everything you need to know about using BFR training in the athletic population during this live, in-person education offering. This course option not only covers the history and mechanisms of BFR and applications across athletic populations, but we also take an in-depth look at BFR variables such as level of occlusion, duration, load, and dosing to equip you with the advanced training skills that are required to meet the needs of today's modern athlete. In the same way that our app-based system disrupted the BFR industry, this education system is transforming BFR education.

Webinar **\$2,995**  
In Person **\$3,995**

### Highlights:

- History and mechanisms of BFR
- Indications and Contraindications for BFR
- Suji System Education
- BFR for Rehab, Pain, Performance and Recovery
- Impact of BFR on various tissue types
- Advanced BFR programming