

HOW TO USE

1. Unfold the occlusion band;
2. Put the occlusion band under the butt, remember that the side with the roman numerals is inside;
3. Pass the end of the occlusion band through the metal buckle, According to your needs, tighten the band to the proper tightness in the reverse direction, and then fix it with the velcro;
4. Record the number near the metal buckle and put on another occlusion band in the same way;
5. After the training, grab the collar at the end of the band and untie it;
6. Wear Display.



DESIGNED FOR BOOTY HYPERTROPHY

At this point, you have a certain understanding of BFR training. Let's get started! Our package contains 2 occlusion bands and 1 resistance band, and an 8-week scientific exercise course to help female friends build bigger and stronger butts. One of the biggest benefits of BFR training is the ability to achieve the same results from low intensity resistance exercises as those achieved through high intensity resistance training (i.e. weightlifting). With BFR training you use much lighter weights and doing more reps. This means working smarter rather than harder.

PRODUCT DETAILS

Occlusion Band*2

Material: 100% polyester + latex
Length: 78CM
Machine Wash: NO

Resistance Band*1

Material: 100% polyester cotton + latex
Perimeter: 65CM
Machine Wash: NO

Glute Hypertrophy BFR Program

For details, see another three fold sheet.

Brand Owner
FITBEAST TECH.CO.LTD.



MADE IN CHINA

Product
Use Guide



OCCLUSION BAND

*Build Muscles
Not Bili*

- Made of double-layer polyester elastic webbing, comfortable to wear and anti-slip;
- Velcro and pointed design, easy to put on and take off;
- With tightness figures to ensure the consistency of exercise;
- With our scientific 8-week hip lift tutorial.

This card is only for better use of product.
A Lot of Video by KOL.



WATCHPRODUCE TUTORIAL VIDEO ON WWW.FITBEASTCLUB.COM

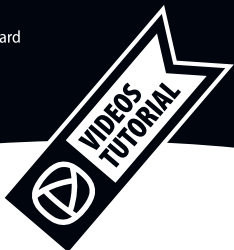
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Use the registration code on the product service card to use on the brand official website.



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OCCCLUSION BAND

WHAT IS BLOOD FLOW RESTRICTION TRAINING?

Blood Flow Restriction training is an exercise and rehabilitation modality whereby resistance exercise, aerobic exercise or physical therapy movements are performed whilst using an Occlusion Band is applied to proximal aspect of the muscle on either the arms or legs glutes.

DOES IT WORK?

Increases in muscle hypertrophy and strength with BFR Training are extensively documented. In recent years, a number of systematic reviews and meta-analyses have demonstrated BFR Training to effectively increase skeletal muscle strength and/or hypertrophy in healthy young and older populations, as well as load compromised populations in need of rehabilitation.

HOW DOES IT WORK?

The main principle of BFR training is to reduce the excretion of metabolites such as lactate and hydrogen ions by restricting venous blood return. The accumulation of metabolites increases metabolic stress. High metabolic pressure can stimulate the secretion of growth hormone 22-kDaGH in the anterior pituitary gland. Growth hormone plays a key role in guiding the role of cells. It is one of the powerful synthetic hormones and plays an important role in muscle growth.

NOTE

Please refer to the relevant literature for the specific mechanism of BFR Training.



STATEMENT

Read and follow All information before use.

FitBeast LLC is not responsible for any personal property damage that may occur while installing or using the "OCCCLUSION BAND" or any of its components.

SIDE EFFECTS

Reported side effects while performing BFR exercises are fainting and dizziness, numbness, pain and discomfort, delayed onset muscle soreness.

CONTRAINDICATIONS

1. Patients possibly at risk of adverse reactions are those with poor circulatory system, obesity, diabetes, arterial calcification, sickle cell trait, severe hypertension, or renal compromise.
2. Potential contraindications to consider are venous thromboembolism, peripheral vascular compromise, sickle cell anemia, extremity infection, lymphadenectomy, cancer or tumor, extremity with dialysis access, acidosis, open fracture, increased intracranial pressure vascular grafts, or medications known to increase clotting risk.

WARNING

1. Make sure that each time the BFR Band is worn does not exceed 20 minutes.
2. Pressures ranging from 40 to 80% of AOP(Arterial Occlusion Pressure) is the best. please don't use 100% pressure or strain yourself to numb limbs.
3. When you have any physical discomfort while wearing the BFR Band, please remove the band immediately.
4. If you do not know whether you are suitable for BFR training, please consult your doctor before use.

DISCLAIMER

The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. Fitbeast LLC will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, injury, illness or death.

For customer support email service@fitbeastclub.com

Thank you so much for your support and good luck with the training!