KA A TSU®
TRAINING

DAVID WEINSTEIN

DR. SATO

KAATSU MAGAZINE
VOLUME 1: ISSUE 9

KAATSU FOR BABY BOOMERS

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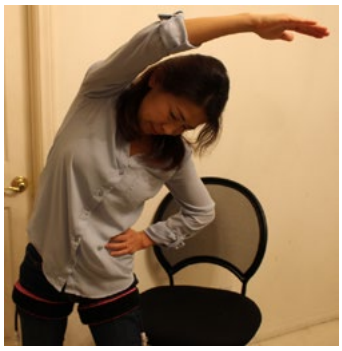

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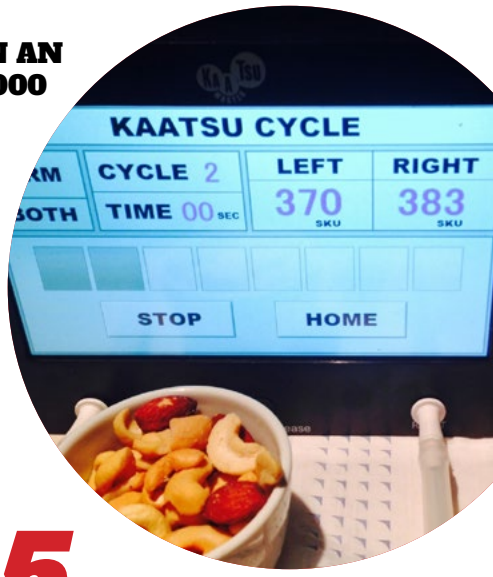

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THE LETTER FROM THE EDITOR

KAATSU INVENTOR Dr. Sato has shared his protocols with KAATSU Specialists around the world for people from all walks of life and of all ages. A vast majority of these KAATSU users are Baby Boomers or people over the age of 50. Everything that Dr. Sato has discovered to enhance the health and wellness is possible when Baby Boomers use KAATSU.

KAATSU sessions can be performed at the office, at home, on vacations, in the water, in gyms or with physical therapists and chiropractors. KAATSU can be done by anyone anywhere anytime as long as the established protocols are strictly adhered to regarding equipment use and proper pressure.

50-year-olds, 60-year-olds, 70-year-olds make up the bulk of KAATSU users on a worldwide basis. It is great to see these men and women improve their muscle tone and vascular health, increase their flexibility and mobility, and save time in enhancing their wellness levels.

This issue is dedicated to all those parents and grandparents who may be too busy or unmotivated to visit a gym, go out for a bike ride, have poor knees for jogging, or simple do not want to lift weights or do push-ups or planks. KAATSU enables the benefits of exercise to be done while sitting down and relaxing. A remarkable concept, a practical invention.

Steven Munatones

Steven Munatones, CEO & Co-founder
KAATSU Global, Inc.
Huntington Beach, California, U.S.A.

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KAATSU Stretching

KAATSU during Stretching can be done two different ways:

a. Stretching with KAATSU Cycle
b. Stretching with Optimal Pressure

KAATSU Specialists often ask older patients or rehabilitating clients to simply stretch as the KAATSU Air Bands are inflated during the KAATSU Cycle mode - and to relax during the 5-second rest (deflated) intervals. These patients do not - or cannot due to age or other ailments - even do the KAATSU 3-point exercises because it is too stressful. For these individuals, stretching with the KAATSU Cycle is sufficiently effective.

Conversely, younger healthy KAATSU users can inflate to their Optimal SKU and stretch before and/or after their KAATSU workouts. Stretching with the inflated bands serves to help keep the muscles limber and avoid muscle hypertrophy that some individuals and endurance athletes do not want.

Unlike KAATSU training for muscle hypertrophy (see here), KAATSU users who are stretching do not need to go to fatigue. Most do not even come close to muscle failure. They are simply stretching the muscles that are engorged in blood.

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KAATSU TRAINING By Older Users

Samuel Amorim, the first KAATSU Specialist of KAATSU Brasil, is doing a wonderful job in Brazil, especially among older patients doing KAATSU Cycle and KAATSU Training.

KAATSU Brasil activities can be seen on Facebook and Instagram.

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USING KAATSU IN A HOTEL

Even though people of all ages and abilities can use their KAATSU Nano or KAATSU Cycle equipment in their own hotel rooms for athletic performance gains, rehabilitation or recovery, they can also always use the hotel fitness room for their more traditional - and perhaps - more intense KAATSU Training.

Every hotel fitness center is different. Users can use either their KAATSU Nano or KAATSU Cycle device with every machine and tools - except the large dumbbells and heavy weights with a barbell. Spinning bikes, treadmills, resistance bands, TRX ropes, yoga mats, Bosu balls, jump ropes, ab machines...they all can be incorporated into a KAATSU workout or for rehabilitation or recovery.

Users can spin on the stationary or recumbent exercise bikes with their KAATSU leg bands on - or they can jog or sprint on the treadmills. They can use the elliptical cross-trainers with their KAATSU arm bands on - or also do core work or stretch or swim in the hotel pool. Use resistance bands for range of motion exercises.

The workouts not only can become intense with the KAATSU arm or leg bands on, but the workouts also become very efficient which is always a good thing on a business trip or vacation.

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WHO CAN DO KAATSU?

Traditional KAATSU training is done by hundreds of thousands of people around the world on a daily basis. This number is forecasted to explode with the new KAATSU Cycle product.

Who can safely and effectively use KAATSU? The simple answer is that when KAATSU is done properly and according to the standard KAATSU protocols as established by its inventor Dr Sato, it is a safe exercise for nearly everyone (see exceptions below).

The KAATSU Cycle or the KAATSU Master or the KAATSU Nano can be used by any of the following individuals:

- Athletes and non-athletes
- Males and females
- Teenagers and retirees
- Injured and healthy individuals

Those who should not do KAATSU include pregnant women, heart rehabilitation patients or those individuals with the following conditions:

- Acute myocardial infarction
- Unstable angina
- Ventricular tachycardia or severe arrhythmia
- Serious case of cardiac insufficiency (NYHA class IV)
- Serious aortic stenosis
- Acute pulmonary embolism or lung infarction
- Acute myocarditis or pericarditis
- Acute vena cava dissociation

Although there is no limit on the maximum age of those who can use KAATSU (with the oldest person being 104 years), it is recommended that KAATSU training is limited used to those who at least 14 years of age.

This recommendation is unrelated to the effects or safety of KAATSU; rather, it is a recommendation based on observations that a small number of overly ambitious coaches can push young children too much or too far with a new training modality. As children grow and develop in their teenage years, KAATSU can be prudently incorporated into their training regimens - without the pressure of performing at maximal levels before they reach puberty.

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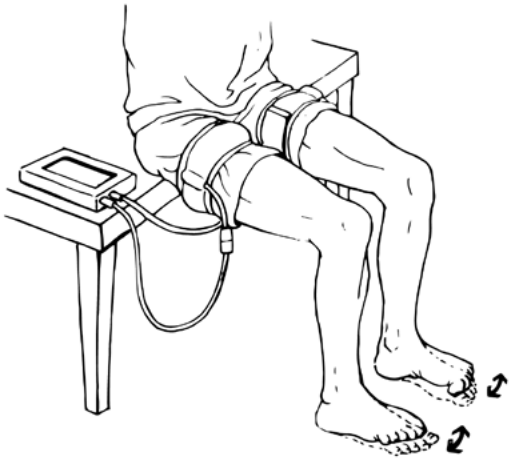
KAATSU 3-POINT EXERCISES FOR LEGS

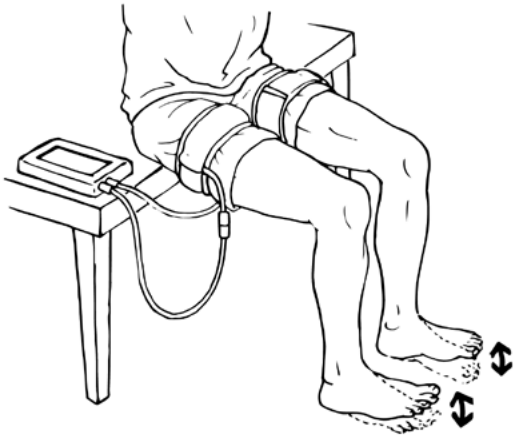
KAATSU 3-point Exercises are a fundamental part of the standard KAATSU protocol for both the arms and legs.

Dr. Yoshiaki Sato, who invented KAATSU in 1966, first established the KAATSU 3-point Exercises in the 1970s. These simple exercises have been performed safely and effectively among millions of individual KAATSU sessions among people of all ages and abilities with myriad physical conditions or ailments.

The KAATSU 3-point Exercises can either be used to help determine the optimal SKU pressure or as a form of basic exercise for both the arms and legs. After the Base SKU (manually applied pressure) is established, then the KAATSU 3-point Exercises is a means to determine if the Optimal SKU (inflated pressure of the pneumatic bands) is appropriate (read a more detailed explanation here).

Alternatively, especially for Baby Boomers and adults who are being reconditioned back to a state of wellness through a simple exercise program, the KAATSU 3-point Exercises can consist of their entire KAATSU training program. When the KAATSU 3-point Exercises are performed, the exercises can be performed either on a KAATSU Master or a KAATSU Nano or a KAATSU Cycle unit. The KAATSU 3-point Exercises can be performed while the user is either tethered (connected) or untethered (disconnected) to the units.





KAATSU LEG 3-POINT EXERCISES [ILLUSTRATIONS POSTED ON LEFT]

The KAATSU 3-point Exercises for the legs are either defined as Standard or Advanced.

The Standard KAATSU 3-point Exercises for the legs involves toe curls, toe raises, and heel raises. These are all performed while the user is seated comfortably with good posture on a chair. In general, these are preferred for older or less fit individuals or those just starting an exercise program or KAATSU.

The Advanced KAATSU 3-point Exercises for the legs are alternatively used by more fit or active individuals or for those individuals with more experience in KAATSU. These 3 basic exercises includes heel raises, leg curls and squats. The heel raises can be done while sitting or standing. The leg curls can be performed while standing and holding onto a chair or balancing against a wall. The squats (or "chair touches") can be performed while bending the knees to touch a chair and then popping back up.

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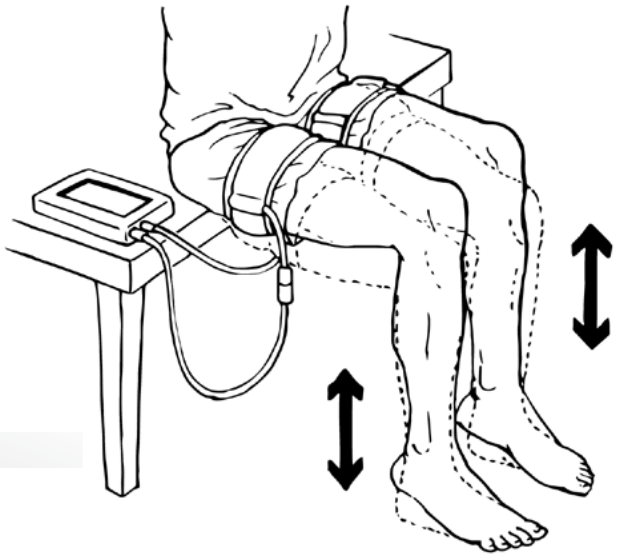

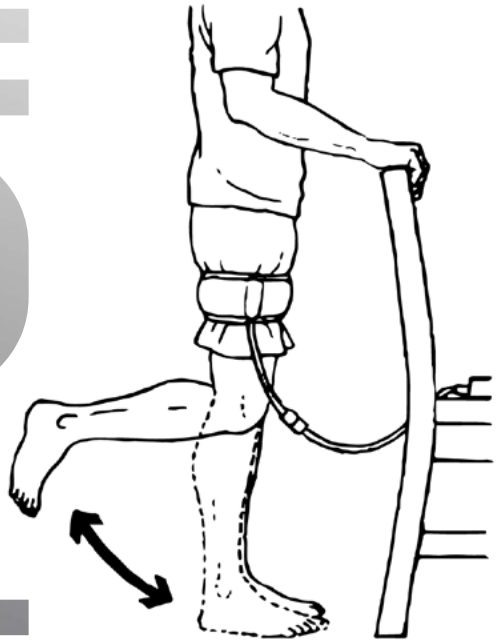

Ideally, the squats are "non-lock" (partial extension) so that the muscles are constantly engaged and there is no rest while the knees are "locked" straight (in a full extension). This will build up fatigue and lactic acid more quickly.

Each set of exercises should be done 3-4 times each with a maximum of 20 seconds between each set. Ideally, the number of repetitions for each exercise decreases before the user reaches muscular or technical failure (or fatigues).

That is, an ideal set would be 25-30 repetitions on set #1, 10-15 repetitions on set #2, and 5-10 repetitions on set #3. Even if only 1-2 repetitions are completed on the last set, this failure signal sent to the central nervous system is one of the goals of KAATSU.

KAATSU ARM 3-POINT EXERCISES [ILLUSTRATIONS POSTED HERE]

The KAATSU 3-point Exercises for the arms involves hand clenches, bicep curls and tricep extensions. Each set of exercises is done 3 times each with a maximum of 20 seconds rest between each set. Ideally, the number of repetitions for each exercise decreases before the user reaches muscular or technical failure*.

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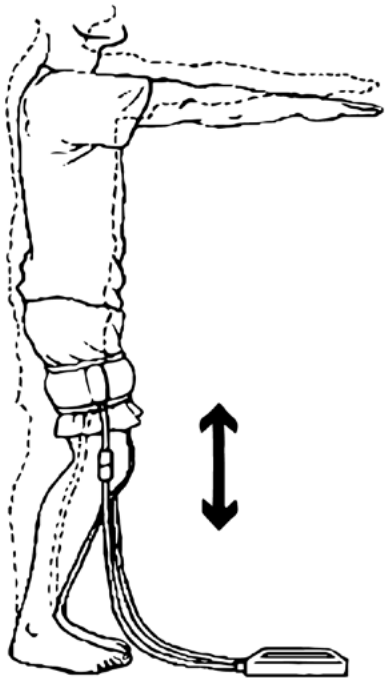
* Technical failure is defined when the individual starts to do improper technique (movement) due to an increasing sense of fatigue. At this point, the set is stopped.



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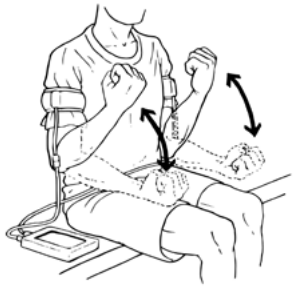
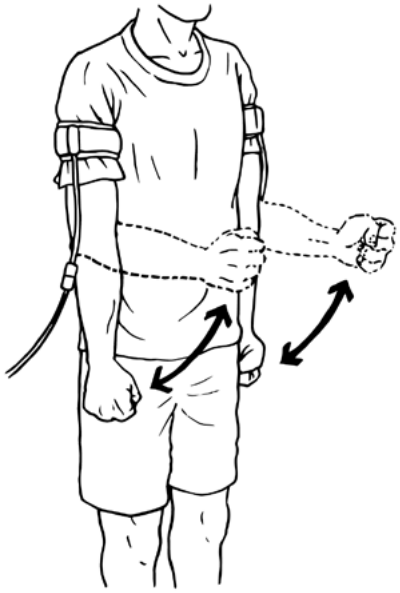
KAATSU 3-POINT EXERCISES FOR ARMS





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KAATSU LEG 3-POINT EXERCISES [ILLUSTRATIONS POSTED HERE]

The standard KAATSU 3-point Exercises for the legs involves toe curls, toe raises, and heel raises. Alternatively, for more fit or active individuals, the 3 advanced exercises includes heel raises, leg curls and squats.

Each set of exercises should be done 3-4 times each with a maximum of 20 seconds rest between each set. Ideally, the number of repetitions for each exercise decreases before the user reaches muscular or technical failure (or fatigues).

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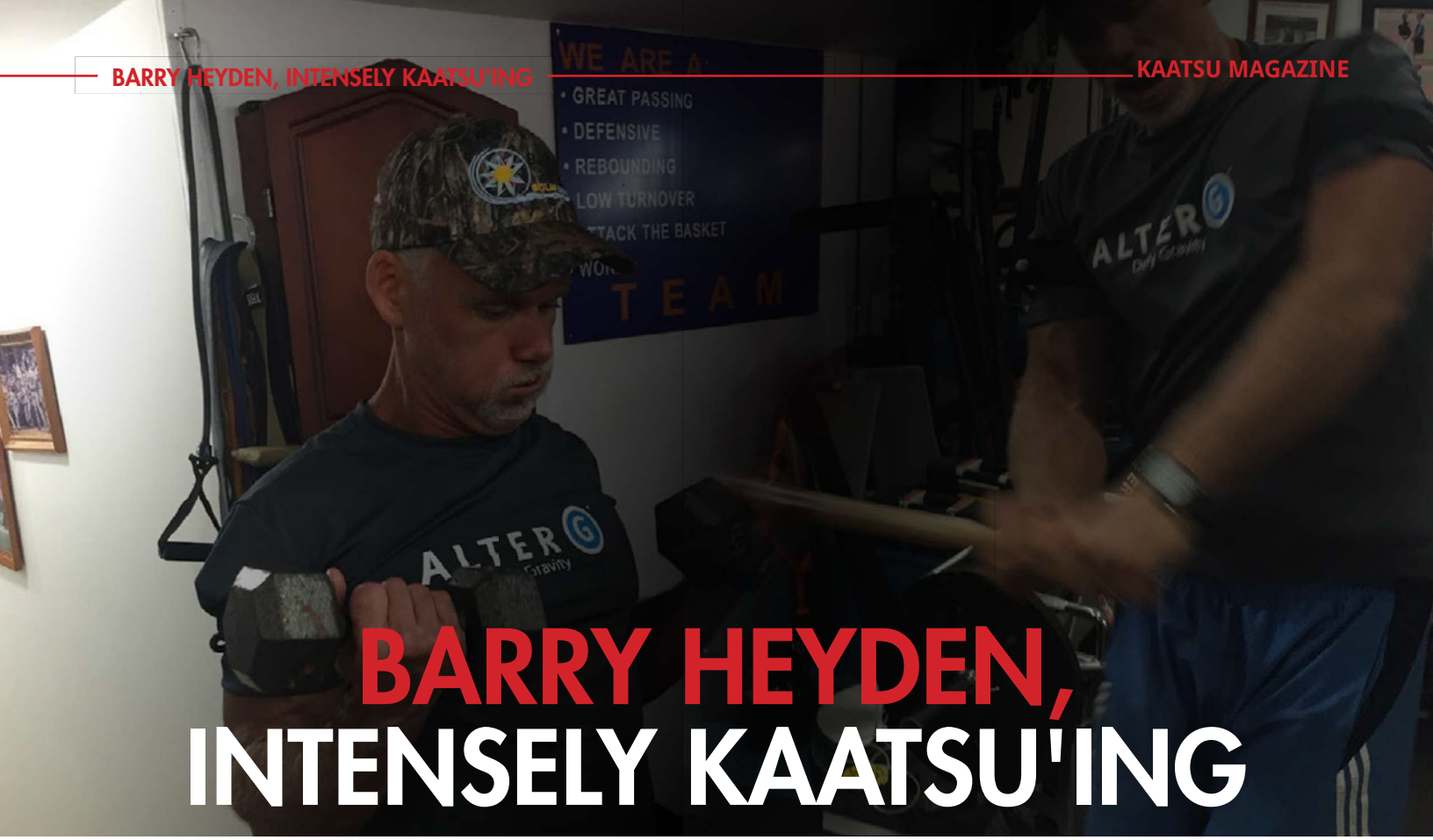

BARRY HEYDEN, INTENSELY KAATSU'ING

A visit with trainer Barry Heyden is an outstanding trainer who has worked with many elite, Olympic and professional athletes. His training studios has all kinds of equipment from AlterG equipment to KAATSU Nanos and KAATSU Air Bands.

Heyden and his athletes in New York City showcased myriad different possible uses for KAATSU equipment at a recent workout session with a baseball player and a basketball player.

Heyden uses his KAATSU Nano and KAATSU Air Bands in the following manner:

WARM-UP: He goes through 1-3 KAATSU Cycles where he warms up for an intense workout. His KAATSU Cycles usually increase in SKU from Set #1 to Set #3 (e.g., 150 SKU to 200 SKU to 250 SKU)

3-POINT EXERCISES: After he sets his Base SKU to a very high level of 50-55 SKU, he checks his capillary refill and does the 3-point exercises (i.e., hand clenches, bicep curls and tricep extensions) in slow, deliberate, non-lock (partial extension) movements at an Optimal SKU level of 200 SKU. He never rests more than 20 seconds between each set and each exercise, strictly adhering to standard KAATSU protocols.

BASIC EXERCISES: After reaching failure on each of his 3-point exercises, he moves to basic exercises on his push-up bars. His compression levels (55 SKU for Base + 200 SKU for Optimal) are ideal for him as his repetition failures are ideal (e.g., 21-25 reps to failure on first set, 12-16 reps to failure on second set, and 7-10 reps to failure on third set).

PERFORMANCE TRAINING: Nearly the end of his KAATSU workout, Heyden focuses on specific performance training (e.g., baseball bat swings) where the intensity of his focus is evident. He ends each set when he reaches either technical failure (where proper technique is no longer possible) or muscular failure (where he becomes incapable of moving his muscles). In all of his sets and in most KAATSU Performance Training, technical failure was reached much sooner than muscular failure.

ALTERG: Combining his leg KAATSU Air Bands on while doing all kinds of sets on the AlterG running machine is also a great way to top off his KAATSU session.

Alternatively or additionally, he can do a variety of leg exercises with his leg KAATSU Air Bands on from squats to leg extensions.

WARM-DOWN/RECOVERY: He does 1-2 KAATSU Cycles with lower pressure to help with his recovery for the next workout.

For more information on Heyden who has worked with the Pittsburgh Pirates, Texas Rangers, and the New York Mets., visit here.

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DOING KAATSU IN AN AIRPLANE AT 30,000 FEET

We regularly do KAATSU on every airplane that we board, whether it is a short flight between Los Angeles to San Francisco or a long intercontinental flight to Europe or Asia.

Doing the KAATSU Cycle is ideal in any seat whether in economy class or business class, aisle seat or middle seat.

Typically, we pull out our KAATSU Master or KAATSU Nano unit and attach our KAATSU Air Bands at our typical Base SKU (between 40-50 SKU on the KAATSU Master and 25-30 on the KAATSU Nano) as soon as the pilot has leveled off the airplane. Occasionally, there is a stare or question from the person sitting next to us, but most people are busy sleeping, reading or watching movies and we are left to do KAATSU without interruption.

As soon as we check the Base SKU on both KAATSU Air Bands, we begin with our first KAATSU Cycle at a relatively low setting (e.g., 200 SKU). We do this whether or not it is an early morning or a red-eye flight. But we always make sure to hydrate well, at least one water bottle or juice within 30 minutes of doing the KAATSU Cycle.

After the first KAATSU Cycle is completed within 3 minutes 20 seconds, we start our second KAATSU Cycle at a higher pressure (e.g., 250 SKU). We are usually typing away on our laptop or slowly opening and closing our hands (i.e., hand clenches). By the middle of the second KAATSU Cycle, we are starting to feel some significant exertion in our forearms.

We continue with a third KAATSU Cycle at a higher pressure (e.g., 300 SKU) while doing isometric exercises like firmly pressing the palms of our hands together or pressing our hands downwards against our thighs.

We usually finish off with fourth or fifth set at the highest pressure that we can withstand (e.g., 350-450 SKU) as we continue to do hand clenches or various isometric exercises. By the third, fourth or fifth KAATSU Cycle, we are starting to feel an increased body temperature, but there is usually no increase in our heart rate (checked by our iPhone).

Our muscles have definitely gone into fatigue just like we feel in a resistance workout.

As soon as we take off the KAATSU Air Bands, we feel relief and that good feeling like we just worked out. During early morning flights, it is a great way to wake up. During red-eye or intercontinental flights, it is a good way to prepare for a meal or take a nap.

It is much more difficult in an economy class seat to put on the KAATSU Air Bands on our legs, but it can be done with a little bit of effort. With the leg bands on, we flex our feet, press our legs

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upwards against the seat in front of us, or do a variety of isometric exercises (e.g., pressing our legs against our hands or downwards against the seat or simply flexing and relaxing our glutes).

Of course, you can always put the leg bands on and then walk over to the galley in an intercontinental flight and do a series of squats or leg stretches if you are really serious. Doing KAATSU in the galley usually leads to interesting conversations with the flight attendants.

In summary, KAATSU Cycle is a great way to get in a short and effective workout while at 30,000 feet in the air.

KAATSU CYCLE IN AN AIRPLANE KEY POINTS:

1. Hydrate well before starting.
2. Apply KAATSU Air Bands on arms first.
3. Manually apply the usual Base SKU (pressure).
4. Start off conservatively with a low Optimal SKU (pressure) in the KAATSU Cycle. ALWAYS do KAATSU Cycle first as a warm-up.
5. Repeat the KAATSU Cycle 2-4 times.
6. Do simple exercises like hand clenches or isometric movements as desired for a 10-15 minute upper body workout.
7. Switch to leg bands if desired.
8. Start off conservatively with a low Optimal SKU (pressure) in the KAATSU Cycle. ALWAYS do KAATSU Cycle first as a warm-up.
9. Do simple exercises like flexing your feet or isometric movements within your chair. Repeat 2-4 times as desired for a great lower body workout.
10. All the standard KAATSU protocols apply: maintain good capillary refill time (within 2-3 seconds) and always feel a sense of pulsation under KAATSU Air Bands.
11. NEVER fall asleep with the KAATSU Air Bands on.
12. NEVER apply the KAATSU Air Bands so tightly that your hands or feet go/feel numb or your skin becomes white, gray or blue. In these cases, release the KAATSU Air Bands immediately.

KAATSU Cycle is a great way to get in a short and effective workout while at 30,000 feet in the air.

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LIFEFORCE IQ

KAATSU

POWER & PERFORMANCE

CONTENTS

KICKING WITH KAATSU AQUA

Catalina Channel swimmer Chris Dahowski of Paseo Aquatics understands swimming well from decades as a national-level age-group, high school and collegiate swimmer.

The KAATSU Aqua-certified coach from Santa Clarita, California has a unique view of enabling his athletes to concurrently enjoy a tough workout and the camaraderie of their teammates.

"We push our swimmers in fast-swimming sets for 12-18 minutes. Then we will build a social kick where the kids can grab their kick boards and talk as much as they want during specific times during a workout," Dahowski explains. "But if they do not give it their all or slack off, then we subtract a minute from the social kick. So if we have a built-in 5 minutes of social kicking within a workout and they slack off, then we knock off a minute of their social kick time.

Believe me, when their social kicking time is reduced, the kids have a great way to focus."

The social kick serves another purpose. It is a great way for Dahowski to gauge whether or not his athletes are reaching their potential.

"After a really hard set, they start their social kicking. But on the first 50, the kids are totally quiet, just kicking slowly with their kick boards. When they have really pushed themselves, they need time for their body – and minds – to recover. But by the 75, I start to hear murmurings and then by the 100, they are chattering like normal. This is a great indicator whether or not the intensity was there."

When I start to hear giggling, I know they are ready to go for the next (hard) time."

But by the 75, I start to hear murmurings and then by the 100, they are chattering like normal. This is a great indicator whether or not the intensity was there.

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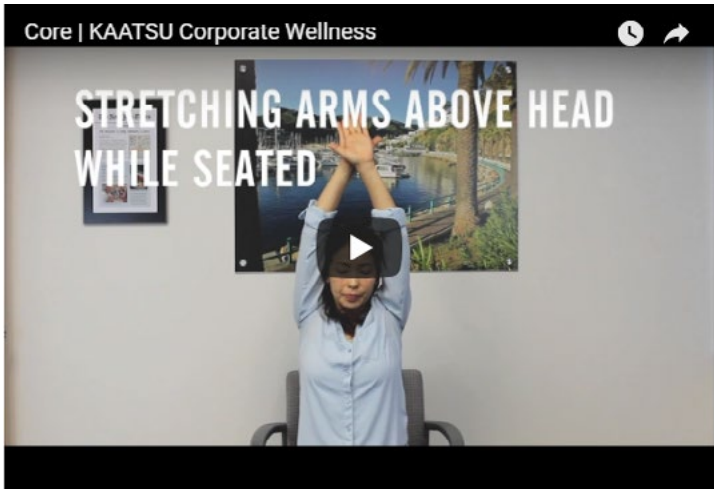
KAATSU IN OFFICES AND CUBICLES



Simple KAATSU exercises for the core in the office.

Corporate wellness is a widely accepted and adopted health promotion activity or organizational policy designed to support healthy behavior among employees in companies and organizations.

Corporate wellness programs can target fairly healthy employees that encourage ongoing good health or target reducing behavior that is considered a risk factor for poor health.

In addition to health education, medical screenings, weight management programs, on-site fitness programs or facilities, programs can include smoking cessation programs and screenings for high blood pressure.

Companies allow flex-time for exercise, provide on-site kitchen and eating areas, offer healthy food options, and promote on-campus physical activity.

KAATSU offers a unique, innovative means to obtain the benefits of everything from easy stretching to vigorous exercises in work cubicles and at the employee's desks as shown on the right:

SIMPLE KAATSU EXERCISES FOR THE UPPER BODY IN THE OFFICE.

SIMPLE KAATSU EXERCISES FOR STRESS RELIEF IN THE OFFICE.

SIMPLE KAATSU EXERCISES FOR THE LOWER BODY IN THE OFFICE.

SIMPLE KAATSU EXERCISES TO GET PUMPED UP IN THE OFFICE.

Simple KAATSU exercises using the KAATSU Cycle and portable KAATSU devices can be performed by anyone anywhere anytime, including in offices and work cubicles in addition to in hotels and airports during business trips.

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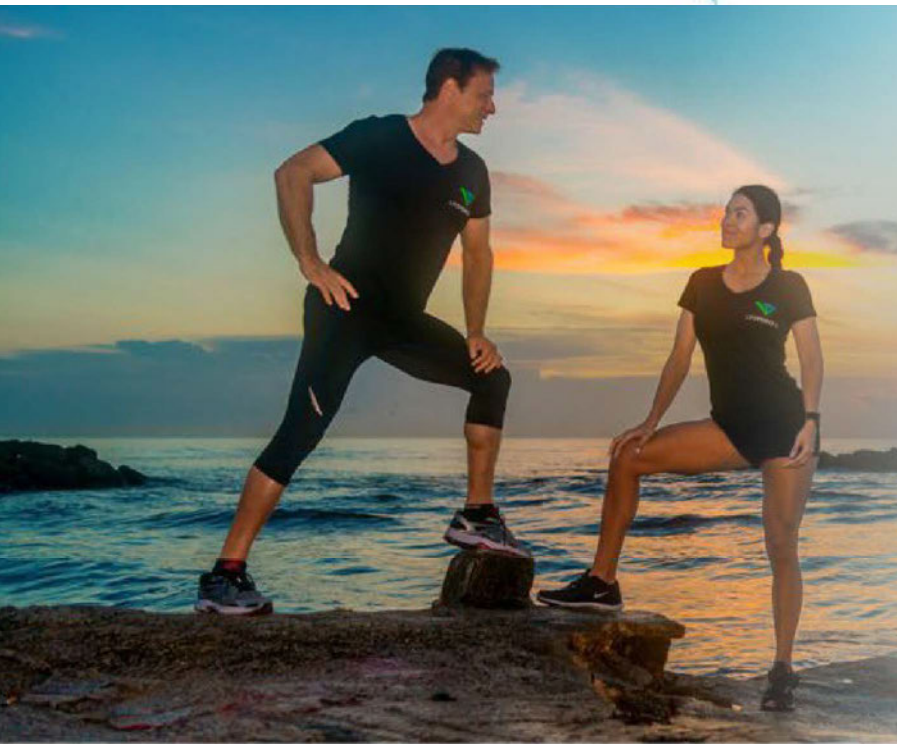
LIFEFORCE IQ PRESENTS KAATSU

"Our goal is to awaken human potential by sharing precise effective tools and methods to maximize the health, happiness and performance of people who want to realize their potential," explains David Weinstein of LIFEFORCE IQ and OASIS in Boca Raton, Florida.



Weinstein was an investment banker for 35 years, specializing in biotechnology and medical companies. With that background and knowledge, combined with his lifelong interest in athletics and anti-aging, he and his wife Leidy are offering their lifestyle design via LIFEFORCE IQ.

"We continuously monitor scientific advances and are quick to adjust products and protocols to assist our clients in optimizing their lifestyles."

In addition to KAATSU equipment including the new 2.0 and KAATSU Aqua, the Weinstein's offer Juvent Health Micro-Impact Platform, LiveO2, Viome, Tower Garden, and One Truth 818.

For more information, visit here.

For additional examples of how people of all ages have improved themselves, visit here.

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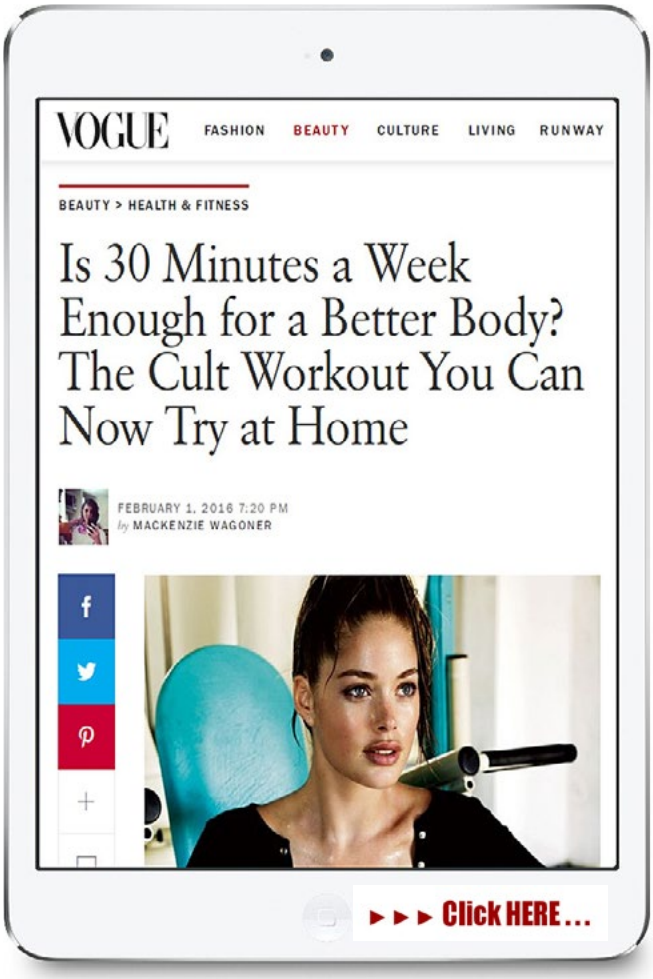
KAATSU In The News

KAATSU is has received recognition and coverage in prominent and prestigious publications.



"Can You Work Out Less, Get More Results?"

By **Eleanor Warnock** and **Rachel Bachman**
The Wall Street Journal

With Kaatsu, people do a light workout while wearing pressurized belts, first on the upper arms and then on the legs.

▸▸▸ Click HERE...

"Could the Kaatsu Workout Be the Most Efficient Exercise?"

By **WSJ Video**
The Wall Street Journal

Japanese bodybuilder Yoshiaki Sato says he has a way for Hollywood's aging action stars to stay as youthful and fit as ever.

▸▸▸ Click HERE...

MilitaryTimes
A TEGNA Company

"Kaatsu training is blowing fitness researchers' minds"

By **Jon R. Anderson**, Staff Writer
MilitaryTimes

Read the article and discover why so many people are so excited about KAATSU Training.

▸▸▸ Click HERE...

Outside

"You Should Probably Try This Japanese Blood-Flow Routine"

By **Devon Jackson**, Staff Writer
OutsideOnline.com

Footballers of both kinds have caught on. Here's what you need to know.

▸▸▸ Click HERE...

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AVAILABLE IN Q2 2018

NEXT-GENERATION KAATSU MASTER 2.0

- **Designed** for performance, recovery, rehabilitation and wellness applications
- **Touch-screen tablet** offers personalized KAATSU Cycle options
- **Dual air compressors** enable each limb to be simultaneously inflated to different pressures
- **WIFI connectivity** enables automatic storage of user data in the KAATSU Cloud

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AVAILABLE IN Q2 2018

NEXT-GENERATION KAATSU MASTER 2.0

www.kaatsu-global.com

The new KAATSU Master 2.0 is the fourth-generation KAATSU device that enables real-time monitoring and archiving of user's physiological data. The 2.0 is ideal for use by individuals, corporations, organizations, physical therapy clinics, universities, hospitals, and teams.

2.0 is combined with the Masimo MightySat™ Finger Pulse Oximeter and a wrist blood pressure monitor that capture and archive your oxygen saturation, pulse rate, Perfusion Index, Pleth Variability Index and blood pressure readings in real-time.

FEATURES

- Designed for performance, recovery, rehabilitation and wellness applications
- Touch-screen tablet offers personalized and comprehensive KAATSU Cycle options
- Dual air compressors enable each limb to be simultaneously inflated to different optimally pressures
- WIFI connectivity enables real-time monitoring and automatic storage of data in the KAATSU Cloud
- Video feedback and interaction with KAATSU Master Specialists for real-time consultation
- Access to KAATSU Cloud where user information is automatically uploaded and archived
- Rechargeable battery
- Used with both the KAATSU Air Bands or KAATSU Aqua Bands
- Band pressure up to 500 SKU (Standard KAATSU Units)
- Reimbursable with CPT codes

BENEFITS

- effective muscle toning
- improved circulation
- faster recovery from competition or vigorous workouts
- anti-aging benefits
- improved speed
- enhanced stamina
- increased strength
- greater range of motion
- significant time savings
- convenience - exercise anywhere anytime
- offers 6 levels of the KAATSU Cycle

PACKAGE

2.0 comes with 4 sets of KAATSU Air Bands or KAATSU Aqua Bands (Small, Medium, Large or Extra Large) and certification for KAATSU Specialists

DATA MONITORING

Masimo MightySat™ Fingertrip Pulse Oximeter and a Wrist Blood Pressure Monitor measures and monitors the following data during exercise or rehabilitation:

- Pulse Rate (PR) or the number of heart pulses per minute indicates your overall fitness and exertion levels
- Oxygen Saturation (SpO2) or the oxygen level in the blood indicates changes due to your heart or lung function, oxygen use by your body, and altitude
- Perfusion Index (PI) indicates the strength of blood flow to the finger as blood circulation changes
- Respiration Rate (RRp) or the number of breaths per minute indicates how well your heart and lungs are functioning and how quickly you recover from exercise
- Pleth Variability Index (PVi) or the variation in perfusion index over your breathing cycle which may indicate changes in hydration, breathing effort, perfusion or other factors.
- Blood Pressure (BP) indicates your systolic blood pressure and diastolic blood pressure.

2.0 ALSO MEASURES AND ARCHIVES ADDITIONAL INFORMATION INCLUDING:

- KAATSU Time (KT) or the amount of time spent doing KAATSU per session
- Capillary Refill Time (CRT) or the amount of time in seconds that it takes for your capillaries to refill with blood
- KAATSU Exercise (KE) or the type of exercise, movement or rehabilitation you do with KAATSU
- KAATSU Cycle Function (KCf) or the specific type of KAATSU Cycle (e.g., Cycle 20 or Customized Cycle)

BAND SIZES

KAATSU Air and Aqua Bands are available in 4 sizes: Small, Medium, Large and Extra Large. Measure the circumference of the top of your arm (right by your armpit) and the circumference of the top of your leg (right alongside your groin). Those circumferences will determine the appropriate size for your KAATSU Air Bands.

ARMS

Small: less than 18 km (7.06 inches)
Medium: 18 - 28 cm (7.06 - 11.02 inches)
Large: 28 - 38 cm (11.02 - 14.96 inches)
Extra Large: 38 - 48 cm (14.96 - 18.89 inches)

LEGS

Small: less than 40 cm (15.74 inches)
Medium: 40 - 50 cm (15.74 - 19.68 inches)
Large: 50 - 60 cm (19.68 - 23.62 inches)
Extra Large: 60 - 70 cm (23.62 - 27.55 inches)

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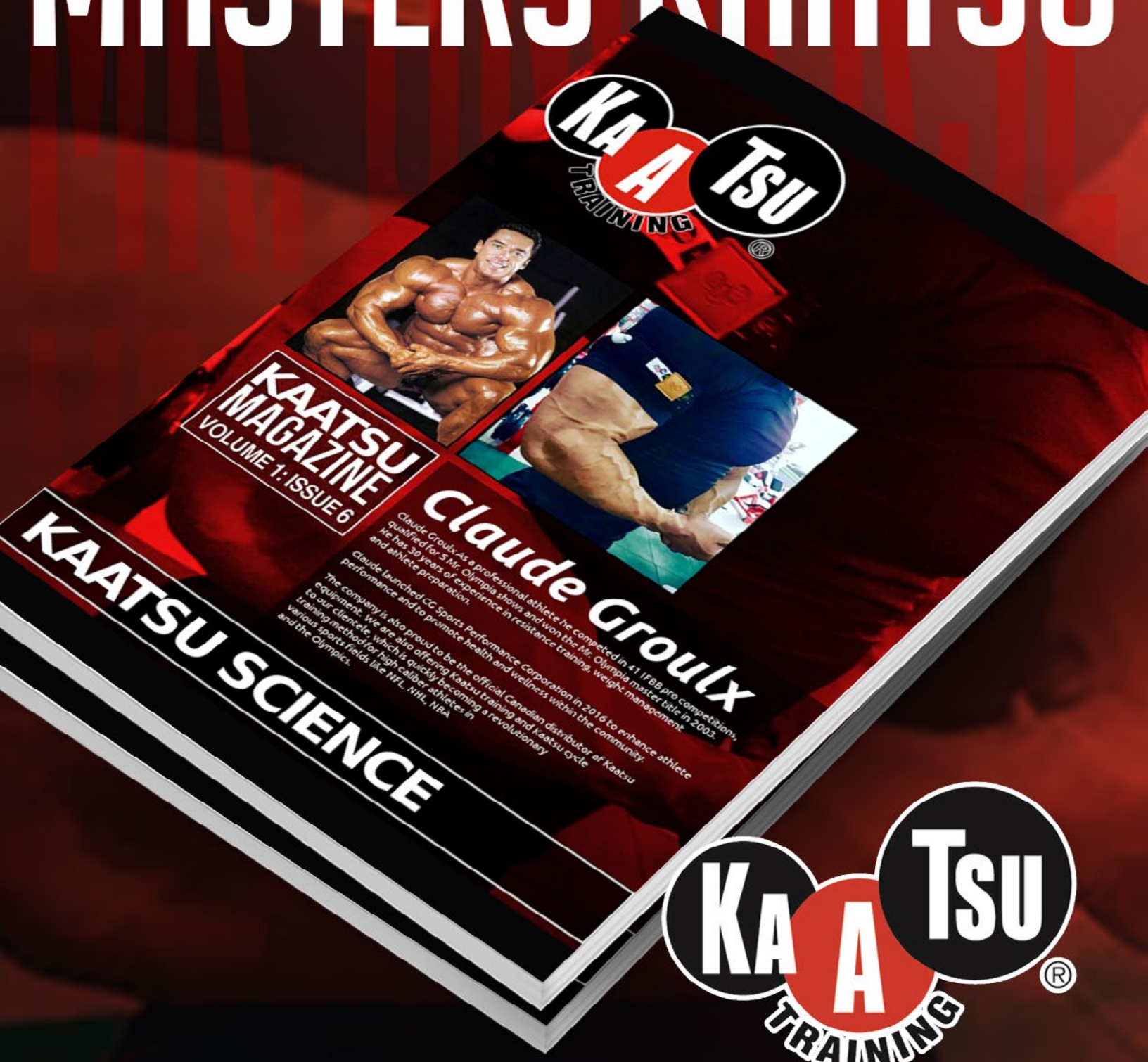
MR. UNIVERSE MASTERS KAATSU



KAATSU TRAINING®