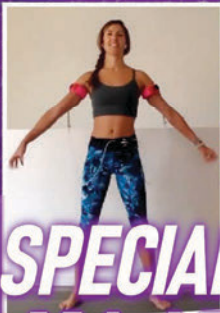
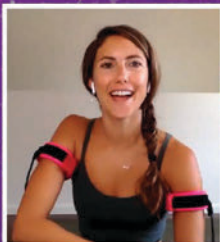


KAATSU®



Laurel Kuzins

KAATSU Functional Mobility Specialist leads

KAATSU At Home

*workouts on Zoom and Instagram Live
Designed for competitive athletes
and people with active lifestyles
with use of the KAATSU Cycle 2.0*



SPECIAL EDITION KAATSU AT HOME

KAATSU AT HOME EDITION

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KAATSU 2.0

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Learn more about KAATSU:

www.kaatsublog.com

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KAATSU AT HOME EDITION

(a paperback adaptation of KAATSU Magazine, Volume III, Issue 1)

By Steven Munatones for KAATSU Global, Inc.

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KAATSU AT HOME EDITION

THE LETTER FROM THE EDITOR



The coronavirus pandemic had innumerable implications for individuals of all ages and from all walks of life. One of the trends that started in massive numbers across the globe was at-home exercise.

Consumer demands for barbells, treadmills, resistance bands, stationary bicycles, and rowing machines skyrocketed. People under lockdown regulations created and searched for exercise videos on YouTube. Walking around one's neighborhood - even just to get out in the open air - became a phenomenon that was like something never before seen, at least in America.

One unanticipated outcome of the lockdown was the tremendously

increased demand for KAATSU products and know-how. In rapid fire fashion, Laurel Kuzins from Santa Monica, California has stepped up and created free daily KAATSU classes that many KAATSU users from 14 to 84 have participated in over the last 3 months.

This issue bring together dozens of sessions led by Laurel, a former water polo player and University of California Santa Cruz graduate.

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

KAATSU CYCLE 2.0



DO

- » Correctly place the KAATSU Air Bands on your upper arms and upper legs every time.
- ⊕ Note : On your arms, the Bands should be placed above your biceps and triceps near your armpit, but below your deltoids.
- » Check Base SKU (pressure) and find Optimal SKU (pressure) during every KAATSU session. Optimal Pressure is one that is not so high as to occlude, but high enough to get that “KAATSU Fatigue/Failure Feeling” during exercise.
- ⊕ Note: Your Optimal SKU can change on a daily basis.
- » Release the KAATSU Air Bands if you feel lightheaded or if you have any pain on one side or the other, stop and continue on another day.
- » You can do different exercises or movements during KAATSU. You can type emails or play the piano or play computer games. Be creative and enjoy the experience.
- » Rest 30-60 seconds between different sets of exercises.

DON'T

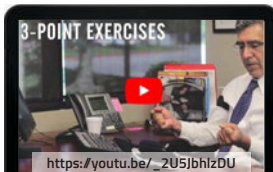
- » Do not ever fully occlude blood flow. Signs of this are collapsed veins, no pulse at the wrist, pale palms and skin, severely delayed (>6 seconds) capillary refill.
- » In the untethered mode, do not have the air bands inflated for more than 20 minutes on your limbs
- » Do not lift heavy weights when doing KAATSU

KAATSU AT HOME WORKOUTS - LITERALLY



Cory Keirn DPT discusses KAATSU and its impact on the future of exercise with the KAATSU Cycle 2.0 above.

In times of stress and self-isolation in quarantines and under shelter-in-place ordinances, KAATSU can be thoroughly and effectively integrated into your home life - so you can stay fit and maintain your healthy weight.



You can do the standard KAATSU 3-Point Exercises on your arms and legs - see above.

But you can also use KAATSU for exercise or rehabilitation while...

- typing an email in your office
- waiting for an airplane or the train
- sitting in the passenger seat on a long drive
- washing the dishes
- washing the windows or your car
- folding clothes
- watching TV
- doing homework or reading a book
- walking your dog
- stretching
- vacuuming the carpet
- packing and unpacking your bags
- tidying up your room

Once you understand that exercise and rehabilitation can be done anywhere anytime, your efficiency and effectiveness in getting things done goes way up. And exercise is transformed to simple movement - that you constantly do during the course of your day - with KAATSU equipment.

KAATSU KEY PROTOCOLS

- Always be well hydrated before and during KAATSU
- Always start off with a low pressure and gradually increase pressure if you wish (e.g., Group Low -> Group Medium -> Group High or Pro Low -> Pro Medium -> Pro High on the KAATSU Cycle 2.0)
- Always have good, fast Capillary Refill Time (CRT) between 1-3 seconds
- Always have good (pink or red) coloration in your arms or legs while doing KAATSU
- Immediately remove the bands if you feel pain, discomfort or lightheadedness
- It is much better to increase the pressure rather than use heavier weights
- Always place the KAATSU Air Bands on your upper arms, beneath the deltoids near the armpit and above the biceps and triceps.
- Always place the KAATSU Air Bands high up on your upper legs, near the groin and above the quadriceps and hamstrings.
- Never simultaneously use the KAATSU Air Bands on both your arms and legs.



<https://youtu.be/funvANWXhxc>

KAATSU AT HOME WORKOUT

FOCUS ON CORE STRENGTH & BALANCE

WARM-UP:

- Stretch and drink an entire water bottle before the workout begins.
- Put on KAATSU Arm Bands snugly. Be able to put one finger between your arms and the bands, but not two fingers between your arms and the bands (this would be too loose).
- Grab big beach towels and a bedsheet or heavy blanket

EXERCISE #1:

3 sets of Hand Clenches + Biceps Curls + Triceps Extensions

Set 1: 20 slow Hand Clenches + 10 very fast Hand Clenches. Rest 20 seconds.

Set 2: 20 slow Biceps Curls + 10 very fast Biceps Curls. Rest 20 seconds.

Set 3: 20 slow Triceps Extensions + 10 very fast Triceps Extensions. Rest 20 seconds.

EXERCISE #2:

Folding towels

Set 1: Fold and refold a towel for 60 seconds. Rest 20 seconds.

Set 2: Very quickly fold and refold a towel for 60 seconds. Rest 20 seconds.

Set 3: Very quickly fold and refold a towel for 60 seconds. Rest 20 seconds.

EXERCISE #3:

Rolling towels

Set 1: Lay a towel down flat on a table or bed. Roll and unroll the towel using your forearms for 60 seconds. Rest 20 seconds.

Set 2: Very quickly roll and unroll the towel using your forearms for 60 seconds. Rest 20 seconds.

Set 3: Very quickly fold and refold a towel for 30 seconds. Rest 20 seconds.

EXERCISE #4:

Making a bed

Set 1: Fold and refold a bedsheet or heavy blanket for 60 seconds. Rest 20 seconds.

Set 2: Very quickly fold and refold the bedsheet or heavy blanket for 60 seconds. Rest 20 seconds.

Set 3: Grab the end of the the bedsheet or heavy blanket and shake it out for 60 seconds. Rest 20 seconds.

EXERCISE #5:

Wax on, wax off

Set 1: Take a small towel and lay it on a table. Move it around in the clockwise direction with one hand in little circles for 60 seconds. Rest 20 seconds.

Set 2: Move the towel around in the clockwise direction with one hand in big circles for 60 seconds. Rest 20 seconds.

Set 3: Quickly move the towel around in the clockwise direction with one hand in either little or big circles for 20 seconds (your choice). Rest 20 seconds.

Set 4: Move the towel around in the counterclockwise direction with the other hand in little circles for 60 seconds. Rest 20 seconds.

Set 2: Move the towel around in the counterclockwise direction with the other hand in big circles for 60 seconds. Rest 20 seconds.

Set 3: Quickly move the towel around in the counterclockwise direction with the other hand in either little or big circles for 20 seconds (your choice). Rest 20 seconds.

EXERCISE #6:

Take off KAATSU Arm Bands and hydrate during 3-minute rest. • Then, put on KAATSU Leg Bands snugly. Be able to

put one finger between your legs and the bands, but not two fingers between your legs and the bands (this would be too loose).

EXERCISE #7:

Balancing

Set 1: Put the towel on your head and balance on one leg for 30-60 seconds. If this is too easy, grab 2 full water bottles in both hands and move your hands around to purposefully create instability in your core. Rest 20 seconds.

Set 2: Repeat. Rest 20 seconds.

Set 3: Put the towel on your head and balance on the other leg for 30-60 seconds. Rest 20 seconds.

Set 4: Repeat. Rest 20 seconds.

EXERCISE #8:

KAATSU Walking

Set 1: Put a small book on your head and walk around the room for 30-60 seconds. If this is too easy, do leg lunges

with the book on your head. Rest 20 seconds.

Set 2: Repeat two times. Rest 20 seconds between each set.

EXERCISE #9:

Jumping Jacks

Set 1: Put the towel on the floor. Quickly jump over it 20 times forwards and backwards. Rest 20 seconds.

Set 2: Put the towel on the floor. Quickly jump over it 20 times left and right. Rest 20 seconds.

EXERCISE #10:

Stretching

Set 1: Stand up straight and try to touch your toes for 10 seconds. Relax and repeat 3 times.

Set 2: Sit on floor with your legs in front of you. Try to touch your toes for 10 seconds. Relax and repeat 3 times.

Set 3: Sit on floor with your legs apart. Try to touch your toes for 10 seconds. Relax and repeat 3 times.

For more information on Laurel, visit her website at www.wellnesswithlaurel.com.
To join the daily KAATSU At Home Zoom workouts, visit KAATSU-AT-HOME.COM.



KAATSU®

CYCLE

2.0

EXERCISE, RECOVER
AND REHABILITATE
ANYTIME. ANYWHERE.

KAATSU AT HOME WITH LAUREL KUZINS



“My living room has been turned
into a fitness studio...”



[Laurel Kuzins](#) is a highly popular and experienced yoga, Pilates, and GroupX instructor and Functional Mobility Specialist from Santa Monica, California.

She will lead the [KAATSU At Home](#) workouts starting at 3 pm California time / 6 pm New York time on Mondays, Wednesdays and Fridays this week. These KAATSU workouts are for both aging Baby Boomers and for Competitive Athletes (high school + collegiate + Olympian + professional + fitness + masters).

Kuzins is all about wellness and believes that helping people to feel their best is her life's purpose. Laurel creates a diverse range of workouts striving to make fitness fun and accessible for everybody no matter what stage of your health journey you are on.

A native of northern California and former water polo player, she received her Bachelor's Degree from University of California Santa Cruz.

Note: Kuzins will add optional active stretches in between some of the exercises. Modifications will be offered as well as 1-2 bonus exercises (3x with 30 seconds on + 20 seconds rest) and a Q&A session with KAATSU Master Specialists.

KAATSU At Home Workout

KAATSU Air Bands on Arms

- **wrist curls** 20 seconds - 2 sets
- **tricep dips** (on floor or chair) 3 sets - 30 seconds on, 20 seconds rest
- **forearm plank with shoulder extension** 3 sets - 30 seconds on, 20 seconds rest as follows
 1. Slow motion
 2. Moderate
 3. Fast
- **push ups** 3 sets, 30 seconds on, 20 seconds rest as follows:
 1. Normal
 2. Slow motion
 3. Hold each one at the bottom for three seconds

KAATSU Air Bands on Legs

- **"Jump rope"** - 2 sets, 30 seconds each, as follows:
 1. up and down
 2. side to side
- **Active Mobility Work** - "world's greatest stretch" - 30 seconds/side
- **Reverse Lunges** 3 sets - 30 seconds on, 20 seconds rest, per side as follows:
 1. Normal
 2. Normal + pulse at the bottom with hovered knee for 10 seconds
 3. Optional forward kick + reach
- **Heart rate boost** (30 seconds each)
 1. Jumping jacks
 2. Ice skaters
 3. Side kick with optional punch
- **Cossack Squats** - 3 sets - 30 seconds on, 20 seconds rest as follows:
 1. Normal
 2. Hands behind head
 3. (20 seconds normal) + isometric hold on each side for 10 seconds

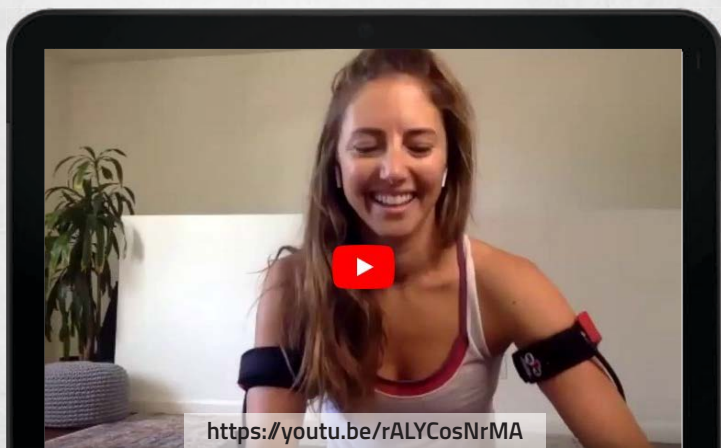
- **Heart rate boost** (30 seconds each)
 1. Jumping jacks
 2. Ice skaters
 3. Side kick with optional punch
- **Spiderman pushups** - 3 sets, 30 seconds on, 20 seconds rest, progress into them as follows:
 1. Mountain climbers with knee to tricep
 2. Spiderman pushups
 3. Spiderman pushups (20 secs) with 10 seconds knee to tricep pulse and the end on each side
- **Heart rate boost** (30 seconds each)
 1. Jumping jacks
 2. Ice skaters
 3. Side kick with optional punch
- **Core Work** 90 seconds straight through
 1. ins and outs (30 seconds)
 2. bicycles (30 seconds)
 3. butts off the floor
- **Active Stretching** - length depending on time

For more information on Laurel, visit her website at:
www.wellnesswithlaurel.com.

To join the daily KAATSU At Home Zoom workouts, visit:
KAATSU-AT-HOME.COM.



KAATSU AT HOME WITH LAUREL KUZINS



"This time we're going to be focused on the hips..."

KAATSU At Home Workout

KAATSU Air Bands on arms

- Upper body stretching/mobility work
- Crab walk - 30 seconds x 2 with 20 seconds rest

Heart rate boost series 1 - 30 seconds each:

1. tuck jumps
 2. Pendulum swings
 3. Jog with double overhead punch
- **Diamond push-ups**
30 seconds x 3 with 20 seconds rest as follows:
 1. Normal pace
 2. Slow motion
 3. As fast as possible
 - **Heart rate boost series**
1 - 30 seconds each:
 1. tuck jumps
 2. Pendulum swings
 3. Jog with double overhead punch

- Biceps curls - 30 seconds x 2
- Lateral plank walk - 60 seconds straight

KAATSU Air Bands on legs

- lower body stretching/mobility work
- Sumo squat calf raises 30 seconds x 2 with 20 seconds rest
- Quadrupled hip range of motion exercise - 1 minute/ side
- Heart rate boost series 1 - 30 seconds each:
 1. tuck jumps
 2. Pendulum swings
 3. Jog with double overhead punch
- Squats - 30 seconds x 3 with 20 seconds rest, as follows
 1. regular
 2. single leg lift
 3. jump squats

- Oblique heart rate boost 30 seconds/side for 1 minute total
- Alternative burpees - 30 seconds x 3 with 20 seconds rest, as follows
 1. Step up
 2. Jump
 3. For speed!
- Balance work - 2 minutes (1 per side)
- Oblique heart rate boost 30 seconds/side for 1 minute total

Core Work 90 seconds total, 30 seconds off the following:

1. Seated leg circles (30 sec each direction)
 2. Finger to toes upper ab crunch
- Stretching

KAATSU AT HOME WITH LAUREL KUZINS



"Time for some stretching and mobility work..."

KAATSU At Home Workout

KAATSU Air Bands on Arms

Seated stretches + mobility work

Quadrupled palm to fingertip pushups

30 seconds slow
30 seconds fast

Tricep Extensions

30 seconds slow
30 seconds fast

Bicep Curls

30 seconds slow
30 seconds fast

Pike work

30-second plank to pike walk
30-second pike push-ups

1-minute forearm plank play

Heart rate boost

30-second heel touch to butt kicks
30-second sumo squat reaches
30-second overhead jack to jumping jack

KAATSU Air Bands on Legs

Split lunge calf work --> hamstring stretch
30 seconds/side x 2

Heart rate boost

30-second heel touch to butt kicks
30-second sumo squat reaches
30-second overhead jack to jumping jack

Front Lunge to lateral leg lift

30 seconds/side x 2

Criss-cross squat jumps

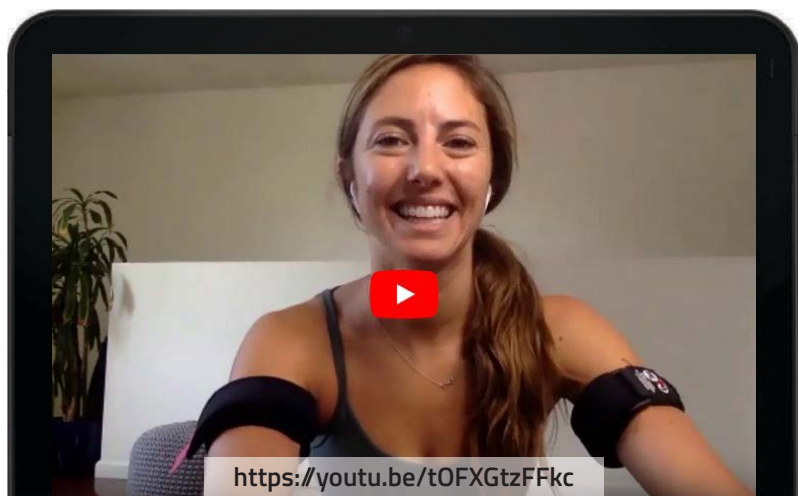
30 seconds moderate
30 seconds FAST

Half Burpee surfers

30 seconds
20 seconds
10 seconds

Core (30 seconds each, 2 minutes total)

Butterfly sit-up punches
Paused bicycle crunch
Double leg circles (to the right, then left)



“For today’s activities,
you’re going to need a broom or a towel...”

KAATSU At Home Workout

KAATSU Air Bands on arms

Mobility work

- wall or floor slides
- shoulder mobility with towel or broom
- cat/cow
- active spinal rotation

Forearms

- 30 seconds/wrist - side to side movement
- 30 seconds/wrist- circles

Tricep extensions

- 30 seconds slow
- 30 seconds fast

Bicep curls

- 30 seconds slow
- 30 seconds fast

Forearm plank rotations

- 30 seconds normal
- 30 seconds + arm reach
- 30 seconds + leg lift

Plank walk out/in

- 30 seconds x 2

Lying down press up
30 seconds x 2

Heart rate boost

1 minute - happy feet -->
jacks

KAATSU Air Bands on legs

Calf raise squats

- 30 seconds x 2
- Lateral bear crawl
- 30 seconds normal
- 30 seconds + butt-to-heels
- 30 seconds + push-up

Heart rate boost

1 minute - happy
feet --> jacks

Squat ups and downs

- 30 seconds
right leg
- 30 seconds
left leg

Plank jacks to frog jumps

30 seconds x 2

Lunge lower and lift

- 30 seconds x 2 Core Work
- 30 seconds Roll up to toe touch
- 30 seconds seated rotations
- 30 seconds reverse crunch





"Today we're going to start with some neck mobility work..."

KAATSU At Home Workout

KAATSU Air Bands on arms

Neck mobility work

30 seconds forwards/
backwards, 30 second side
to side

Cherry pickers

30 seconds slow
30 seconds fast

Frontal rotations

30 seconds slow
30 seconds fast

Heart rate boost 30 seconds each

reach and kick back
inch worms
cross jacks

Forearm plank press up (optional on knees)

30 seconds x 2 sets

Seated bicep curls with towel

30 seconds bent knee
30 seconds straight leg

Ups and downs (30 seconds each)

Moderate pace
FAST!

Prone work (30 seconds each)

supermans
shoulder extension to pull
down
"wings"

Heart rate boost 30 seconds each

reach and kick back
inch worms
cross jacks

KAATSU Air Bands on legs Single leg calf raises with pulse at end

30 seconds Left leg
30 seconds Right leg

Pendulum Lunges (30 seconds/side x4)

Set 1&2 hands on hips
optional 3&4 hands behind
head

Heart rate boost 30 seconds each

reach and kick back
inch worms
cross jacks

Squat to alternate lateral step (30 second/side x4)

Set 1&2 hands together
optional 3&4 hands
behind head

Mountain Climbers (30 seconds x3)

Slow
Moderate
FAST

Bridge Work (30 seconds/side x4)

Single leg lower to pulse up

CORE (30 seconds each) roll up single leg knee in

rolling like a ball
hollow body hold x 2

• Stretching

To join the daily KAATSU At Home Zoom workouts, visit [KAATSU-AT-HOME.COM](https://www.kaatsu-at-home.com).

SESSION #1

KAATSU AT HOME WITH LAUREL KUZINS

VIDEO #1



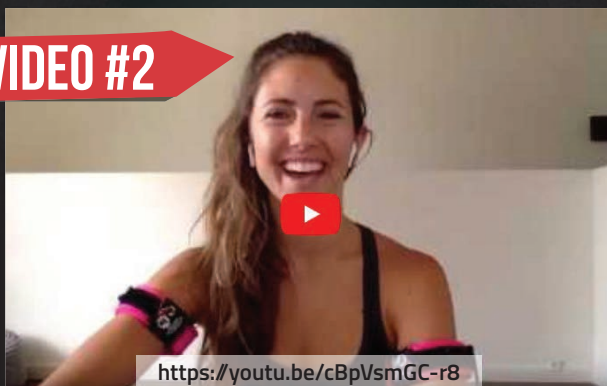
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TRAINING SCHEDULE
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https://youtu.be/AufR_AUKAhQ

"Today I want you to move as fast as you can
---fast being completely dependent on what you can do that's still safe..."

VIDEO #2



<https://youtu.be/cBpVsmGC-r8>

"Mobility is increased by
building strength surrounding our joints..."

SESSION #1

VIDEO #3

BODY CIRCUITS



<https://youtu.be/-MU3HWjjZIY>

"Upper body circuits...
and lower body circuits..."

VIDEO #4

TRICEP EXTENSIONS



<https://youtu.be/V2ghq4E7Z04>

"Tricep extensions with a
variety of options..."

SESSION #1

VIDEO #5

NICE & EASY,
SIDE-TO-SIDE



<https://youtu.be/Sb1B1mEcGEs>

"Just rock your head
side-to-side..."

VIDEO #6

SHOE-CENTRIC
WORKOUT



<https://youtu.be/Yvm5W0xi2XQ>

"Today we're doing a
shoe-centric workout..."

SESSION #2

VIDEO #1

FOREARM STRENGTH

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<https://youtu.be/V8InCyRwCBU>

"Let's jump into our
forearm strength today..."

VIDEO #2

PURPOSE AND MOTIVATION

<https://youtu.be/Lb0brZvDxKI>

"Knowing your purpose of your workout
can keep you motivated..."

SESSION #2

VIDEO #3

WAKE THEM UP



<https://youtu.be/0ReYm6LILDs>

"We call these movements CARS. It stands for Controlled Articular Rotations... Fancy way of saying that we're doing circles with our joints to wake them up."

RELIEVING BACK PAIN, STRENGTHENING THE BACK WITH **KAATSU**



KAATSU[®]

CYCLE

2.0

EXERCISE, RECOVER
AND REHABILITATE.
ANYTIME. ANYWHERE.

SESSION #3

VIDEO #1

INTERVAL TRAINING

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<https://youtu.be/vHA1BcBSd1I>

"I think we're ready to progress...
Time for some interval training."

VIDEO #2

DON'T FORGET...

<https://youtu.be/2IVLcQHwOyg>

"As we go through our workout,
we want to check our cap refill..."

SESSION #3

VIDEO #3

ASK QUESTIONS



<https://youtu.be/1Xs-FWkSKtk>

“You can always ask questions throughout our workouts.
I’m here for you guys...”

VIDEO #4

GROWING STRONGER



<https://youtu.be/DeQ-CyzYncw>

“Our bodies grow stronger when we force them to adapt to new
and different types of exercise...”

SESSION #4

VIDEO #1

FANTASTIC "BURN"



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ON ZOOM AND INSTAGRAM

FOR CURRENT
TRAINING SCHEDULE
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<https://youtu.be/o4zd-GCWr4Q>

"Today is going to be a somewhat slower workout, but you're still going to get a fantastic 'burn' and for some it may even be a bit harder..."

VIDEO #2

GOOD QUESTION



<https://youtu.be/U6EsarowrXM>

"So there was a question posed yesterday that I really liked... and I want us to reflect back on it."

SESSION #4

VIDEO #3

YOU SET THE
PACE



<https://youtu.be/9CgZkLt9xrU>

“Smaller muscles to bigger muscles...
The pace is up to you.”

VIDEO #4

CARDIO-CENTRIC
WORKOUT



<https://youtu.be/f0Eq8FnFutQ>

“We have a fun, highly cardio-centric
workout going for us today, so we’re going to get our heart rates pumpin’.”

SESSION #4

VIDEO #5

STRENGTH-BASED WORKOUT



<https://youtu.be/cJyNpTOwnjo>

“Today we’re going counterbalance by doing a more strength-based workout...”

VIDEO #6

MIXING IT UP



<https://youtu.be/ROyTMIqGQ3Q>

“We’ve done all kinds of things... We’ve done mobility, we’ve done strength, we’ve done cardio... Today we’re going to just mix up all of it and add a prop as well...”

SESSION #5

VIDEO #1

ISOMETRIC WORK



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https://youtu.be/_qbCRe_mqe4

"Today we're going to work a little more into a strength routine... We're also going to explore some more static holds and isometric work to really build the muscles up..."

VIDEO #2

CHALLENGING MOVES



https://youtu.be/_va08SeQsFo

"We're going to do one of the most challenging moves we've done to date in our workouts. And that's nothing to be intimidated by--just something exciting as we continue to grow stronger and continue to progress together..."

SESSION #5

VIDEO #3

BUILDING OUR CORE



<https://youtu.be/QI6fxF5c-jw>

"Today we have a cardio-centric workout. But we're going to do our core as part of the rest of our workout... We're building our core into every part of our workout..."

VIDEO #4

REACH ACROSS



<https://youtu.be/lkc86ObGa1Y>

"Reach across the body, opening up the spine, side-to-side... going slightly down so that the blood can pool in the arms..."

SESSION #6

VIDEO #1

SQUEEZE.
SQUEEZE.
SQUEEZE.

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TRAINING SCHEDULE
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<https://youtu.be/StGpFwxBnrY>

"You know those little hand stress balls they used to give out at conferences?
Imagine you're gripping those. Squeeze. Squeeze. Squeeze..."

VIDEO #2

GET STRONGER



<https://youtu.be/5onD7PmQXx0>

"We are going to workout. We are going to get stronger.
So go ahead and pop your bands on..."

SESSION #6

VIDEO #3

GOING SLOW FOR CONTROL



<https://youtu.be/9hFJXYx4e8s>

"Today we are going slow and are going to really work on how well can we control our own body..."

VIDEO #4

PUSH-UP VARIATION



<https://youtu.be/8PmXaaxGVcA>

"Starting from smaller muscles to bigger muscles we are going to come onto the forearms and we are going to do a variation of the push-up just for our form..."

SESSION #6

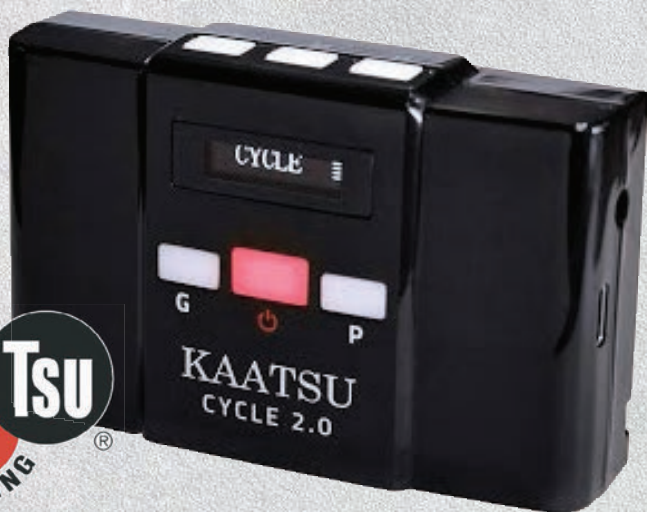
VIDEO #5

MOVING SLOWER... FOR STRENGTH



https://youtu.be/d_aUZUsNRHO

"Today is dedicated to strength... Today is about moving a little bit slower in tempo and really seeing what your body is capable of..."



SESSION #7

VIDEO #1

SHAKE IT OUT

JOIN US LIVE
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FOR CURRENT
TRAINING SCHEDULE
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<https://youtu.be/yPZh1AvxKul>

"Should be starting to feel that in shoulders, give them a roll, shake everything out..."

VIDEO #2

KEEP GOING

<https://youtu.be/nnavf0QSeBI>

"We walk it all the way out into plank, lock the hands back to the feet, roll up to stand and keep going..."

SESSION #7

VIDEO #3

FULL BODY FOCUS

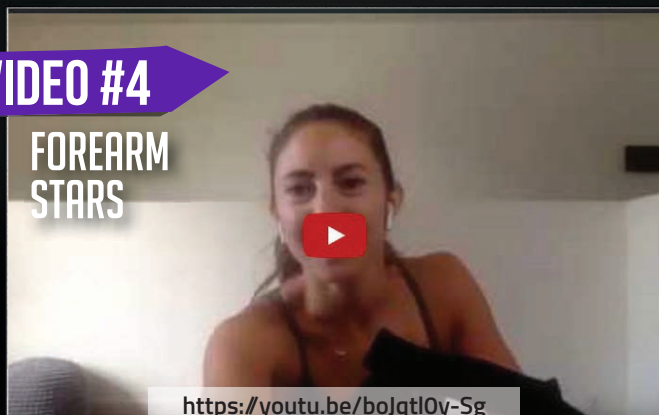


<https://youtu.be/7SBePTjfY5s>

"There's no real theme per se of today's workout. It's just going to be kind of a full body's focus on the heart rate boost strength all the things..."

VIDEO #4

FOREARM STARS



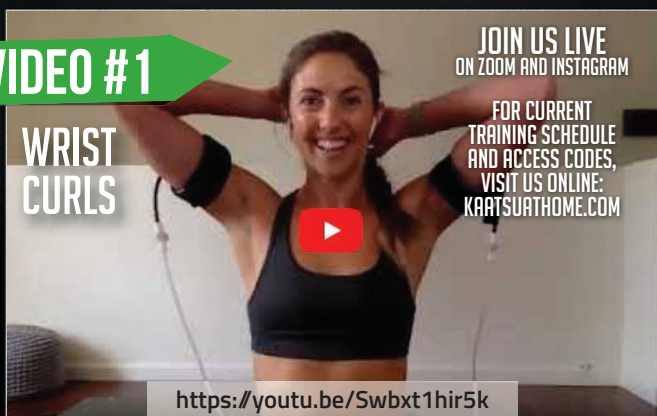
<https://youtu.be/boJqtI0y-Sg>

"We are going to start with forearm stars so pulling the elbows in extending the fingertips out in out..."

SESSION #8

VIDEO #1

WRIST CURLS



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<https://youtu.be/Swbxt1hir5k>

"We are going to start with some upward wrist curls so you give your shoulders a shrug and then pull your arms in the midline of the body and we are going to start with upward lift..."

VIDEO #2

HEEL RAISES



<https://youtu.be/Ol7q8G6w5PQ>

"We are going to start with some heel raises.
It's going up and down, up and down..."

SESSION #9

VIDEO #1

THREE SET EXERCISES

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<https://youtu.be/QD-ducwIS3c>

"Nice job everyone today with the three set exercises instead of two. I like that work..."

VIDEO #2

WRISTS AND SHOULDERS



<https://youtu.be/TfwHCYLgZ8Y>

"I want to make sure that I keep my wrists in line with my shoulders so no letting them fall..."

SESSION #10

VIDEO #1

HANDS AND KNEES

JOIN US LIVE
ON ZOOM AND INSTAGRAM

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TRAINING SCHEDULE
AND ACCESS CODES,
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<https://youtu.be/tpPona40ypl>

"We are going to actually start on our hands and knees today, so go ahead and make your way on your mat or floor space and we will get started..."

VIDEO #2

STRENGTH-BASED EXERCISES

<https://youtu.be/l4qaedCK4dY>

"We are going to do some strength-based exercises today, so less bouncing around and more just focusing on knuckles..."

SESSION #10

VIDEO #3

SHOULDERS AND BACK MUSCLES



<https://youtu.be/kF4XvieF6s8>

“Upper body today we have some interesting work that we are going to do for our shoulders and our back muscles...”

VIDEO #4

FINGERTIP PUSH-UPS



<https://youtu.be/HEmfUcqe-ZE>

“Start on our floor space, we are going to do the fingertip push-ups to get going...”

SESSION #10

VIDEO #5

HEELED-UP BUTT-KICKS



<https://youtu.be/nnVhdoCWntE>

“Heeled up Butt-kicks... I want you to do your best to get your heels up, keep your heels up and then give some butt kicks...”

VIDEO #6

NORMAL WORKOUT PLUS MOBILITY



<https://youtu.be/E4hQCr4BZHk>

“Today we are going to do our normal-ish workout, but we are going to incorporate a fair bit more mobility into our practice...”

KAATSU CYCLE 2.0

BENEFITS



KAATSU is the ultimate bio hack for health, rehabilitation and recovery.

Invented in 1966 by Dr. Yoshiaki Sato of Tokyo, Japan, and protected by 47 patents, KAATSU next-generation equipment and protocols have a unique and unprecedented safety track record with over 20 million individual KAATSU sessions in 48 countries around the globe.

Backed by over 50 years of expertise, KAATSU Global is excited to introduce the latest advancement in health and wellness, the KAATSU Cycle 2.0.

Fitting in the palm of your hand or in your pocket, the KAATSU Cycle 2.0 is the most advanced, most portable, easiest-to-use compression device in the world. In combination with a precise algorithm-controlled limb pressure, KAATSU's narrow, elastic bands yield to muscle contractions, providing safe and effective exercise and rehabilitation for users of all ages and from all walks of life, from Olympic champions to disabled individuals.

KAATSU users have a full range of motion providing complete control and the opportunity for a wide variety of movements and training.

From elite athletes and soldiers to aging Baby Boomers and busy executives, KAATSU Cycle 2.0 is the next-generation training and rehabilitation device used around the world.



KAATSU
IS USED BY



SESSION #11

VIDEO #1

MORE CARDIO AND MOBILITY

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https://youtu.be/lt42LuRo_Ok

"Today we are not going to work any less hard. We are just going to work a little differently. So there's going to be some more cardio, some of our moves are going to be more balance and mobility-based ..."

VIDEO #2

UPPER AND LOWER BODY

<https://youtu.be/2TyOXTiSEZ8>

"We are going to do a set for the upper body... for the lower body... and we are going to cycle through them..."

SESSION #12

VIDEO #1

ADDING SPEED AND REPS

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https://youtu.be/AufR_AUKAhQ

“So at the moves that we are doing, there are going to be things that you have probably seen before, but we are doing them today in the name of speed, so number of reps...”

VIDEO #2

MOBILITY AND FLEXIBILITY



<https://youtu.be/cBpVsmGC-r8>

“So, we are going to be doing our mobility and flexibility training, so a lot of hard move...”

SESSION #12

VIDEO #3

ONE MORE TIME



<https://youtu.be/-MU3HWjZlY>

"We are going to do a little bit of cardio and then we are going to go through those same exercises one more time..."

VIDEO #4

UPWARD WRIST CURL



<https://youtu.be/V2ghq4E7ZO4>

"Let's start with some work for the forearms with an upward wrist curl..."

SESSION #12

VIDEO #5

STRETCH AND STRENGTHEN



<https://youtu.be/Sb1B1mEcgEs>

"Initial stuff we are going to do is just kind of stretch out, strengthen the neck a little bit..."

VIDEO #6

MOBILITY-FOCUSED WORKOUT



<https://youtu.be/hwxHfWswwql>

"Today's workout is going to be more mobility-focused..."

SESSION #12

VIDEO #7

SHOE-CENTRIC WORKOUT



<https://youtu.be/Yvm5W0xi2XQ>

“So now that we have our shoes, we are not going to be using them for every part of our workout. We will be using them for some of our workout...”



BONUS SESSION

VIDEO #1

PURELY STRENGTH



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<https://youtu.be/m5H19RrWngM>

"Today we are doing a purely strength workout.
We will actually not be having our cardio booth in between exercises..."

VIDEO #2

MOBILITY- CENTRIC WORKOUT



<https://youtu.be/EGF-x8tEtuQ>

"Our workout today is mobility-centric...
We will not be doing any jumping at all..."

BONUS SESSION

VIDEO #3

STRENGTH CIRCUIT WORKOUT

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https://youtu.be/_TBoZ4Qwazo

"We are going to do this one strength circuit style, so we are going to have some cardio in there..."

VIDEO #4

WIDE STANCE WORKOUT

<https://youtu.be/HoIXjsKgUUA>

"So I am going to set my feet wide and I am going to kind of bend into my left knee and as I do this lift my left heel off the floor..."

BONUS SESSION

VIDEO #5

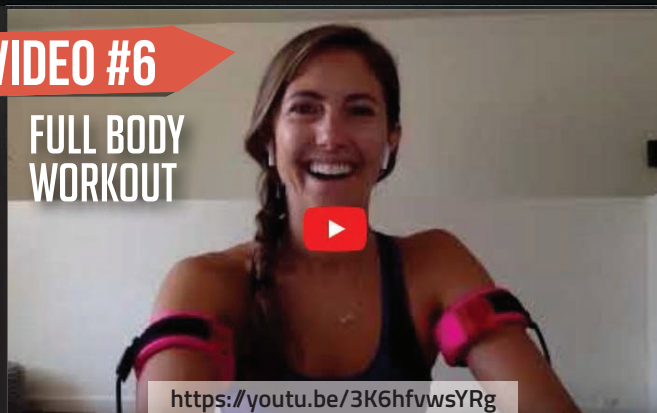
CARDIO AND STRENGTH



"Today we are going to pepper in some more cardio in the mix but it's not going to be pure cardio. We will still have some strength in there..."

VIDEO #6

FULL BODY WORKOUT



"Today we have pretty much just a well-rounded full body workout..."

KAATSU IN THE NEWS

KAATSU 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.

"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.

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.

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.

Customer Service:

Call Toll-Free International +1-888-410-6350

e-mail: info@kaatsu-usa.com

NEXT-GENERATION KAATSU MASTER 2.0

AVAILABLE
NOW



- ◆ **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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NEXT-GENERATION KAATSU MASTER 2.0

AVAILABLE
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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.

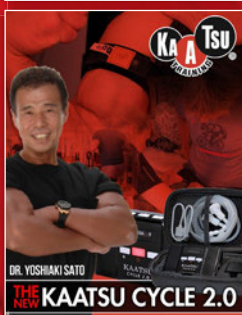
ARMS

Small: circumference of upper arm is less than 11.5 inches (29 cm)
Medium: circumference of upper arm is between 11.5 -14 inches (29-35 cm)
Large: circumference of upper arm is between 14 - 16.5 inches (35-42 cm)
Extra Large: circumference of upper arm is between 16.5 - 21 inches (42-54cm)

LEGS

Small: circumference of upper leg less than 16 inches (40 cm)
Medium: circumference of upper leg is between 16 - 21 inches (40-53 cm)
Large: circumference of upper leg is between 21-26 inches (53-66 cm)
Extra Large: circumference of upper leg is between 26-32 inches (66-81 cm)

PREVIOUS ISSUES



PREVIOUS ISSUES



For customer service,
(or to order KAATSU products)

Call Toll-FREE: +1-866-217-3460

Email: info@kaatsu.com

Learn more about KAATSU, visit: KAATSU.COM

Get the latest updates here:

KAATSUBLOG.COM

KAATSU CYCLE 2.0



Unit weighs 3.5 ounces and measures 3.6" x 2.25" x 1"

- Exercise, recover and rehabilitate anywhere anytime
- Offers KAATSU Cycle and KAATSU Training modes
- Ultra compact, ultralight, durable
- Utilizes precise, computer-controlled limb pressure on both arms, or both legs
- The pneumatic elastic bands can be “untethered” from the KAATSU unit and are waterproof, for use in the pool
- Utilizes original KAATSU know-how
- US patent #9,775,619

PACKAGE

- Includes 4 KAATSU Air Bands (for arms + legs)
- Rechargeable battery with USB-C charger

RETAIL PRICE

- \$899.⁹⁵ (1-yr warranty on device, 6 mo on bands)
- \$979.⁹⁵ (2-yr warranty on device, 6 mo on bands)

BENEFITS

- Tone muscle without weights
- Convenient: do anywhere, anytime
- Offers access to KAATSU Performance Database
- Offers 6 pre-sent KAATSU Cycle levels
- Improves speed, stamina and strength
- Incredible time saver
- Improves circulation
- Faster recovery
- Enables greater range of motion
- Reimbursable with various CPT codes
- Offers customizable KAATSU Training pressures
- Proven safe for users up to 104 years old

ABOUT KAATSU

KAATSU is the world-leader in blood flow moderation training and therapy. Invented in 1966 by Dr. Yoshiaki Sato in Tokyo, Japan and protected by 47 patents, our equipment and protocols have an impressive and unprecedented safety track record with over 20 million individual KAATSU sessions in dozens of countries across the globe. From elite athletes, to baby boomers, and everyone in between, KAATSU is the ultimate biohack for health and rehabilitation.

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