

KAATSU®



RECOVER, REGAIN, RESTORE

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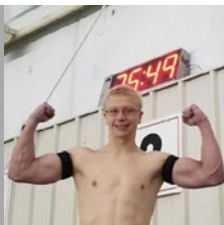
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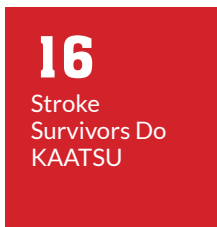
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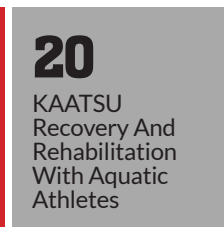
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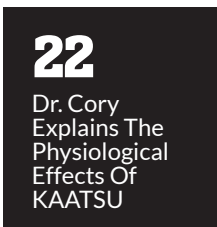
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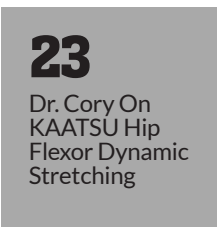
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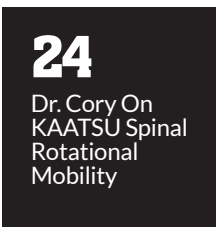
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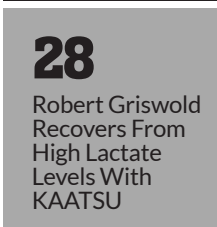
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RECOVER, REGAIN, RESTORE

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RECOVER, REGAIN, RESTORE

THE LETTER FROM THE EDITOR



In business, scientific and medical meetings among the KAATSU staff, KAATSU inventor Dr. Sato and his colleagues often do KAATSU Cycles as they sit around his conference table to discuss and decide key topics of the day. Without fail, the group will do KAATSU Cycles on their own personal KAATSU devices throughout the long days of discussions and presentations.

Dr. Sato and the KAATSU Global team truly take to heart as they carry on with the KAATSU lifestyle. They seamlessly and unfailingly integrate doing KAATSU Cycles in the course of their business days. Whether they are around the home relaxing on the weekends or during long days of domestic or international travel, the team uses their KAATSU equipment daily, dedicated to the benefits of healthful living.

Developing and promoting KAATSU equipment and protocols is not merely a job for the KAATSU Global team. They take the mission of Dr. Sato's vision - doing KAATSU anywhere and anytime - to heart. KAATSU users from every walk of life and of all ages

can do the same. The benefits of the KAATSU lifestyle will easily be seen and felt by young athletes and aging Baby Boomers alike.

This issue focuses on some of the myriad ways KAATSU can help you recover, regain and restore yourself at home, in the office, or during travel, effectively and efficiently. For those who may be too undisciplined or unmotivated to exercise, for those with weak knees or shoulders, and for those who are simply too busy, KAATSU enables the benefits of exercise and recovery to be achieved while sitting down and relaxing.

KAATSU, The Original BFR, is a remarkable concept and a practical invention.

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 CYCLES IN THE AIR

Over the decades of intercontinental travel between Japan, Europe and the USA, KAATSU Global has developed ways to use the KAATSU Cycle mode in order to avoid or mitigate jet lag when crossing many time zones.

Travelers can follow these basic protocols:

1. Do KAATSU Cycles before boarding the airplane at the departing airport.
2. Remain well hydrated during the flight.
3. Do a series of KAATSU Cycles before or after the in-flight meal.
4. Do a series of KAATSU Cycles before landing.
5. Do a series of very

gentle or passive KAATSU Cycles in the hotel before bedtime in the new location.

6. Use conservative (low) pressures all the time. Avoid medium and higher pressures.

The KAATSU protocols are separated into 3 different recommendations based on our intercontinental travel experiences over the last 20 years.

Assumption: KAATSU Cycles are done in the economy-class section. In cases where the KAATSU user is in business class or first class, there is much more space and comfort to do KAATSU, especially on one's legs.

SHORT-HAUL FLIGHTS (UNDER 3 HOURS)

Examples: Heathrow to Amsterdam, Heathrow to Madrid, Los Angeles to San Francisco, New York to



The KAATSU protocols are separated into 3 different recommendations based on our intercontinental travel experiences over the last 20 years.

Washington DC, Tokyo to Fukuoka

Note: generally, the short-haul flights are not exceeding 2 time zones.

Recommendations:

1. Do 2-4 KAATSU Cycles in morning and/or at the airport. It can be done on your legs and/or arms as you prefer.
2. For economy-class short-haul flights, the seats tend to be the most narrow and the flights tend to be the most crowded. Under these conditions, the KAATSU Air Bands are more difficult to put on your legs. Focus on doing KAATSU Cycles on your arms in this case.
3. If a morning flight, do 2-6 KAATSU Cycles on your arms shortly after leveling off.
4. Stay well hydrated.
5. After KAATSU Cycles

are completed, you can rest, work, listen to music, or watch movies for the rest of the flight.

6. Do 2-6 KAATSU Cycles on way to hotel or once in hotel. If at the hotel, doing KAATSU Cycles on the legs feels good while unpacking and getting ready to go out.

MEDIUM-HAUL FLIGHTS (3-6 HOURS)

Examples: London to Moscow, London to Athens, Los Angeles to New York, New York to Washington DC, Tokyo to Seoul

Note: generally, the medium-haul flights are exceeding 3-4 time zones.

Recommendations:

1. Do 2-6 KAATSU Cycles in morning and/or at

the airport. It is best to do KAATSU Cycles first on the arms and then on the legs.

2. For economy-class medium-haul flights, the seats tend to be the more narrow than longer flights. The flights tend to be the crowded. Under these conditions, the KAATSU Air Bands are more difficult to put on your legs. Focus on doing KAATSU Cycles on your arms only.
3. If a morning flight, do 2-6 KAATSU Cycles on your arms shortly after leveling off.
4. Always stay well hydrated while staying away from alcohol.
5. After initial set of KAATSU Cycles are completed, you can rest, work, listen to music, or watch movies for the rest of the flight.



6. You can also do KAATSU Cycles again at your hotel before going to bed. At the hotel, doing KAATSU Cycles on the legs feels good while unpacking and getting ready to go out or to bed.

Note: avoid doing vigorous exercises with the KAATSU equipment before bedtime - this will stimulate adrenalin, not your parasympathetic system.

LONG-HAUL FLIGHT (OVER 6 HOURS)

Examples: Londo to Washington DC, Londo to Dubai, Los Angeles to Tokyo, New York to Rio de Janeiro, Tokyo to Singapore

Note: generally, the long-haul flights are exceeding 5-6 time zones and many times, many more time zones

Recommendations:

1. Do 2-6 KAATSU Cycles in morning and/or at the airport. It is best to do KAATSU Cycles first on your arms and then on your legs.
2. For economy-class long-haul flights, the seats can have enough room to do KAATSU Cycles on

- your legs. If possible and if comfortable do KAATSU Cycles on your arms first and then your legs.
3. If a morning flight, do 2-6 KAATSU Cycles on your arms shortly after leveling off. Follow up with 2-6 KAATSU Cycles on your legs.
 4. Always stay well hydrated preferably with water (no alcohol).
 5. After initial set of KAATSU Cycles are completed, you can rest, work, listen to music, or watch movies for the rest of the flight.
 6. It is also best to do KAATSU Cycles again towards the end of the flight with the same protocol. If not possible, do once in hotel before going to bed. At the hotel, doing KAATSU Cycles on the legs feels good while unpacking and getting ready to go out.

Note: avoid doing vigorous exercises with the KAATSU equipment before bedtime - this will stimulate adrenalin, not your parasympathetic system.

Additionally, a few other posts on this subject [here](#), [here](#), and [here](#).



Avoid doing vigorous exercises with the KAATSU equipment before bedtime - this will stimulate adrenalin, not your parasympathetic system.



POST-NATAL KAATSU

A full postpartum recovery from pregnancy and childbirth is transformative and takes months. While time and patience are required, KAATSU can play an extremely convenient and effective role in post-natal recovery.



A lack of time and a lack of sleep are just two major obstacles to returning back to normal, both physiologically and emotionally.

But since KAATSU equipment can be used anytime and anywhere while doing anything, KAATSU presents an entirely new paradigm for young mothers. KAATSU Air Bands can - and should - be used exclusively in the KAATSU Cycle mode while mothers are:

- regularly breastfeeding
- gently rocking their

- baby to sleep
- pushing their child in a stroller
- doing housework from folding clothes to tidying up
- preparing meals
- typing emails or text
- or simply playing with and watching the baby

The KAATSU Cycle mode's gentle, rhythmic, automated pressure on-pressure off on the arms or legs, even without movement, is exercise that specifically results in improved vascular tissue elasticity, underlying

muscle tone, and skin tightness. Post-natal KAATSU does not have to be - and should not be - vigorous, difficult or time-consuming for the mother. No specific workout exercises need to be done to see results. Simple movement with KAATSU Air Bands on that mothers normally do with their child are sufficient.

The compression and decompression of the KAATSU Air Bands can be integrated into mother's normal lifestyle and schedule that effectively

and efficiently produces results. KAATSU should not be seen as a workout, but simply a part of one's schedule, conveniently done 1-2 times per day.



The KAATSU Air Bands can be used as stand-alone tools to achieve the results that mothers want, but the KAATSU Cycle 2.0 can also be used in combination with other fitness equipment (e.g., treadmills) or movements, from ab vacuum repetitions to Pilates and different kinds of isometric exercises.

KAATSU can be used to relieve such hard-to-fix issues as diastasis recti that can lead to unstable anterior support that, in turn, creates back problems and sacroiliac joint dysfunction.

KAATSU even has a role in postpartum depression where insomnia and stress are encountered because KAATSU can help balance hormones and improve sleep.

And, of course, with mother and father trying to find a balance with their various responsibilities, spouses can workout very effectively with a minimum of time.

While the KAATSU Cycle 2.0 with four KAATSU Air Bands and an online education program is US\$899 + shipping costs, KAATSU Global offers a monthly payment plan (see [here](#)) that makes a purchase more affordable for many.

Some questions that mothers may ask include:

Q1. Does use of KAATSU make a difference between a vaginal birth versus a Cesarean delivery (C-section)?

A1. Mothers who have had either type can benefit from KAATSU Cycles. The systemic effect of KAATSU is incredibly powerful for healing for recovery from stitches or small connective tissue tears. The hormonal response is also extremely valuable on many levels.

Q2. How does use of KAATSU impact the mother's milk supply?

A2. Very well.

Q3. How does use of KAATSU affect new varicose veins? Will KAATSU make it worse?

A3. With an increased vascular elasticity, KAATSU will help improve the appearance of the vascular veins.

Q4. How often should or can KAATSU be used?

A4. At least daily is good. Twice per day, using arms first and legs second during each daily KAATSU session, is optimal for most mothers if time is available.

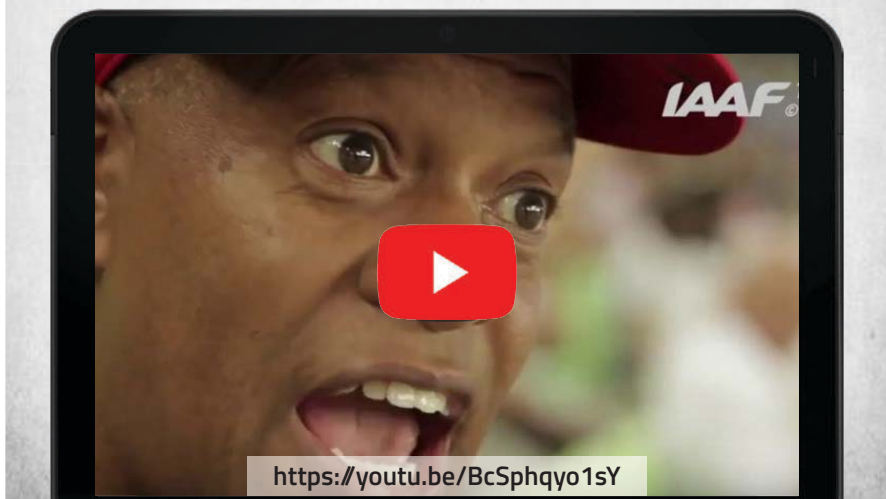
Q5. How intense does KAATSU have to be to get results?

A5. KAATSU Cycles should be done comfortably and easily. There is no need to workout intensely or move vigorously while doing KAATSU Cycles during this post-natal period. Intensity and complexity of movement can increase over time (e.g., post 6-8 weeks of birth).

Q6. Will KAATSU lead to immediate results? How long can visible result take?

A6. KAATSU starts to immediately impact the vascular elasticity of your capillaries, veins and arteries. The frequency of usage will impact how soon results will start to be experienced and seen. But generally within a few weeks (e.g., 14-28 KAATSU sessions), aesthetic results will be visible.

THE LEGENDARY **WILLIE BANKS** ON THE COMEBACK WITH KAATSU



William “Willie” Banks, III is a 64-year-old former world record holder and 3-time Olympian from Carlsbad, California.

Banks will always be remembered as one of the most charismatic athletes to compete in track and field. He pioneered the [hand clapping](#) that takes place during many track and field events (read [here](#)). His exuberant personality remains an inspiration to many and was always present in his athletic performances

that ranged from NCAA Championships to the World Championships.

He held the triple jump world record for over ten years while qualifying for the 1980, 1984 and 1988 Olympic Games and the 1983 and 1987 IAAF World Championships. He was awarded the Track & Field News and United



Banks began KAATSU during the COVID-19 lockdown period. After many years and all kinds of interventions and physical therapy, he began to feel relief with KAATSU, the original BFR.

States Olympic Committee Athlete of the Year in 1985 and won the Jesse Owens Award as the Outstanding Athlete in Track and Field. Over the span of 18 years from 1975 to 1992, he was ranked among the world's best.

But his career as a triple jumper took a heavy toll on his body, particularly his joints. Lifelong injuries to long jumpers and triple jumpers are common due to the increased pressure on their joints during their athletic career. But there is hope and a form of relief.

The USA National Track & Field Hall of Famer and former President of the U.S.

Olympians Association dealt with pain for the last three decades. The athlete who leaped as nearly far and high as anyone in human history had to face pain while walking and moving. Banks could not even touch his toes.

Banks began KAATSU during the COVID-19 lockdown period. After many years and all kinds of interventions and physical therapy, he began to feel relief with KAATSU, the original BFR.

He tells of his recovery with KAATSU while enjoying a renewed ability to walk long distances and a life without pain.



A TRANSFORMATION FROM THE LOSS OF A FATHER AND HUSBAND



I am trying to remain steady in a world with so much chaos,” said Tina Newman after one of her recent KAATSU sessions.



The 56-year-old Southern California native has been a popular aesthetician for nearly 30 years. Her studio is warm and inviting and she has worked very hard to establish her reputation.

For years, she juggled raising two children with her clinic and it was never easy. But then she was hit with a double loss, made even more

traumatic because they were unexpected. The two men in her life, her tennis-loving, retired orthodontist and father Dr. Ernie Follico, and her stoic, gentle musician husband who long served as a captain in the police force in the City of Newport Beach, both passed away.

She took it hard as they were both larger-than-life personalities with charisma

that filled every room they entered. They took care of Tina and made her feel like a princess. She explains, "After the loss of my father and my husband, I had a tough time. I still am, but am getting better at dealing with the pain. , "When people see me at the store or around the neighborhood, they think that I lift weights and spend hours in the gym. But I just use my KAATSU bands with simple movements - sometimes without anything while I just move - or with balls and resistance bands.

The emotional pain was one thing to deal with, but I also faced excruciating physical pain in my forearms. The pain nagged me constantly and the only thing that doctors recommended was to work less. But with the loss of my father and husband, I dove into my work even more.

But with KAATSU the original BFR, I do not feel the pain anymore. I don't know how to explain it, but the pain just went away."

She does KAATSU twice per day.

Sometimes, all she does is relax after work and let her KAATSU Cycle 2.0 do all the mechanical work while lying or sitting down. "It is so relaxing," she says.

Other times, she will ride her bicycle with the KAATSU Cycle 2.0 unit rhythmically inflating and deflating her KAATSU Air Bands at gentle pressures. Other times, she will get on a bench in her garage and simply go through the motions of doing butterfly or backstroke. "I never expected to get these muscles in my back. I used to be self-conscious of my musculature. But now as I approach my 60's, I know it is healthy.

And what is best is that my skin is tightening up. I could not even imagine that benefit - but I will take it," she laughed with a twinkle in her eye.

As a result of her new body and gradually brighter outlook on life, she described her new path going forward. "I am learning to love myself again, regain self confidence, and have a sense of calm. It has proven to be one of the hardest comebacks after the death of Ernie and Tim. I owe so much of this to KAATSU. I am able to deal with my PTSD (post traumatic stress syndrome)."



“

I never expected to get these muscles in my back. I used to be self-conscious of my musculature. But now as I approach my 60's, I know it is healthy.

KAATSU FITNESS ON THE GO WITH DAVID TAWIL

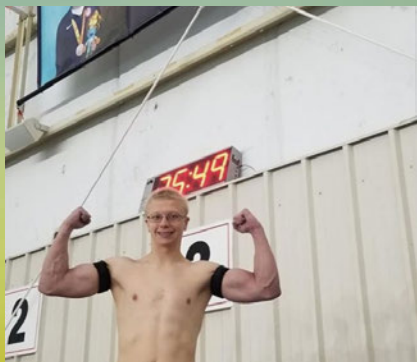


KAATSU Master Specialist David Tawil travels frequently between Tokyo and Tel Aviv, teaching KAATSU to individuals, professional athletes and military personnel in Europe, North America, Israel and Japan.

Tawil demonstrates a few of the various ways how he integrates KAATSU the original BFR into his travel - for business or pleasure - by getting a full workout in his hotel room without any special equipment.

KAATSU CYCLING TO HELP RECOVER FROM HIGH LACTATE LEVELS

[Robert Griswold](#) is an American Paralympic swimmer (a medalist) who has cerebral palsy. He is an experienced KAATSU user and does KAATSU Cycles before and after his races as part of his pre-race warm-up and post-race cool-down. He also uses KAATSU Aqua in his workouts.



Griswold's Anaerobic output (pain tolerance) is extremely high; he averages 16.4 mmol/L after his 100-meter backstroke races and 17.9 mmol/L after his 200-meter individual medley. Those are his two signature races that he should win in next year's Paralympic Games.

Those lactate levels are rarely reached even by other world-class athletes.

Griswold's highest recorded post-race lactate level is 21.9 mmol/L, measured after his 200-meter individual medley race in Mexico City performed at high altitude. He had to be carried off the pool deck by the medical staff. They told Griswold that if anyone else on the American team reached those levels that they would have to take them to the hospital.



I did KAATSU Cycles between the races and this was the only reason that I was able to get on the starting blocks for the second race. I was at 18.8 mmol/L after the 200m individual medley.

After Griswold's races, he swims about 1500 meters in the warm down pool (taking over 24 minutes to cool down to a 2.0 mmol/L level which is deemed to be normal.

But by doing KAATSU Cycles (repeated and intermittent pressure on and pressure off of the KAATSU Air Bands, Griswold only swims 400 meters and saves significant time to get his lactate level down to 2.0 mmol/L.

He reports about the original form of BFR, "KAATSU saves me 20 minutes per race warm down and I felt a lot better. This is important because I had the 100m backstroke and the 200m individual medley A finals only 10 minutes apart in Berlin earlier this year. I did KAATSU Cycles between the races and this was the only reason that I was able to get on the starting blocks for the second race. I was at 18.8 mmol/L after the 200m individual medley."

STROKE SURVIVORS DO KAATSU



Rehabilitation and a positive mindset are critical to recovering from a stroke.

Strokes can vary in type and severity, and recovery from a stroke is difficult and often seems overwhelming. There are many stroke patients who incorporate KAATSU the original BFR in their rehabilitation.

Al is one example. The Southern Californian experienced a stroke

in 1999 and he began KAATSU in June 2020 - and saw immediate improvement in his pain management and mobility.

These are the standard KAATSU protocols that he, his KAATSU Master Specialist Dave Carlson, and other stroke survivors follow:

1. Only use the KAATSU Cycle mode. Do not use the KAATSU Training mode.
2. Use conservative (i.e., low) pressure in the beginning and at the start of each KAATSU session. This would be Group Low on the KAATSU Cycle 2.0 unit.
3. Be able to put a single finger between the KAATSU Air Bands on your skin.
4. Your skin should have a pink or red tone to it with your KAATSU Air Bands on; your skin should not appear blue, gray or white. The goal is to have blood engorged in your limbs; the goal is not to prevent blood from going into your limbs.
5. Put your KAATSU Air Bands over your clothing.
6. Be well hydrated before and during each KAATSU session.
7. Use KAATSU frequently (1-2 times per day) for optimal and quick improvement.
8. Do 3-6 KAATSU Cycle sets per session. For example, you can do:
 - (a) 3-6 sets of the KAATSU Cycle 2.0 on Group Low pressure, or
 - (b) 3-6 sets of the KAATSU Cycle 2.0 with 1-2 sets on Group Low, 1-2 sets on Group Medium, and then 1-2 sets on Group High pressure
9. First, do KAATSU on your arms. Then, do KAATSU on your legs. But never wear the KAATSU Air Bands on both your arms and legs together.
10. Do simple movements with your KAATSU Air Bands on your arms in the KAATSU Cycle mode (e.g., Hand Clenches, Biceps Curls, Triceps Extensions, Ball Squeezes, Holding and Writing with a Pen). There is no need to do push-ups or lift weights with the KAATSU Air Bands.
11. Do simple movements with your KAATSU Air Bands on your legs in the KAATSU Cycle mode (e.g., Toe Curls, Toe Raises, Sitting Heel Raises, Standing Leg Curls, Quadriceps Contractions, Easy Walking).
12. In the beginning, you can place the KAATSU Air Bands only on your affected limbs. That is, if your right arm is affected by the stroke, use the KAATSU Air Bands only on the right arm.

These protocols have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease and its use should be evaluated by your own physician before use.



KAATSU SKIN CARE FOR CUTS, SCARS AND SURGERIES

Some surgeries are minimally invasive and others are much more so.

KAATSU the original BFR can significantly help the skin and underlying tissue quickly repair and recover - so much so that experienced surgeons who know their patients who do post-surgery KAATSU will have to get their stitches removed more quickly than those patients who do not do KAATSU.

"What happens is the skin recovers and grows back more quickly," explains Steven Munatones.

"If the stitches are left in the body for the 'normal' amount of time, the skin will grow over the stitches and the surgeon will have to go back in



and remove the overgrown sutures. This can cause infection that is best avoided."

Repeated KAATSU Cycles has repeatedly shown to enhance the body's natural healing process, especially when the skin is cut, torn, broken or inked.

These five periodically taken photographs show the rapid recovery of the sutures and skin on a 49-year-old patient who had total knee replacement surgery at a Veterans Administration hospital in Florida.

The patient repeated KAATSU Cycles (8 cycles of 30 seconds of pressure on followed by 5 seconds of pressure off in the Group Low, Group Medium, Group High, Pro Low, Pro Medium, and Pro High modes, done sequentially) on his KAATSU Cycle 2.0.

He did his series of KAATSU Cycles in the morning and again in the evenings as he comprehensively integrated

KAATSU to his regularly scheduled physical therapy.

"One thing that we have seen time and time again is how quickly the skin and wound heals when repeated KAATSU Cycles are performed over two or three sessions per day while the patient is recovering at home or in the hospital," says Munatones.

"The skin around the wound heals so quickly with the repeated KAATSU Cycles. The skin grows over the sutures - much faster than what is normally expected by physicians - as a result.

This can cause an unanticipated post-surgical issue when the skin grows over the sutures. When physicians schedule the normal removal of the sutures (e.g., 5-7 days), patients performing regular KAATSU Cycles on a daily basis often experience much faster than normal healing of their wounds and incisions. So, these patients should inform their attending physicians of this KAATSU phenomenon."



KAATSU RECOVERY AND REHABILITATION WITH AQUATIC ATHLETES



High school, club and national level water polo coach Dave Carlson from Los Alamitos, California and 2008 Olympic swim coach Chris Morgan of Danvers, Massachusetts discussed different way to recover from competitions and games with the KAATSU Aqua Bands and the KAATSU Cycle 2.0 device.

They described their athletes' applications of KAATSU the original BFR after water polo games, during high school dual meets, and after competitive swimming competitions.

They also discussed their own rehabilitation journeys with KAATSU when they were recovering from bone breaks, sore backs, inflamed gums, and broken ribs.



RECOVER FASTER REHAB STRONGER PERFORM BETTER

KAATSU - The Original BFR

What Is KAATSU?

Invented in Japan, engineered and designed in California, KAATSU is the pioneer in the emerging Blood Flow Restriction (BFR) market that automatically and safely optimizes blood circulation for health, fitness, rehabilitation, and recovery. KAATSU is a small automated compressor and pneumatic, stretchable bands which are placed around your arms or legs. The bands inflate and deflate in a patented sequence based on algorithms that boost circulation, improve hormonal balance, and develop muscle tone in a time-effective manner with a minimum of effort. KAATSU equipment and proprietary protocols offer unparalleled performance, precision, and safety for users of all ages, fitness levels, and walks of life - and can be used anywhere anytime to help you Recover Faster, Rehab Stronger and Perform Better.



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NHK
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JAPAN

DR. CORY

EXPLAINS THE PHYSIOLOGICAL EFFECTS OF KAATSU

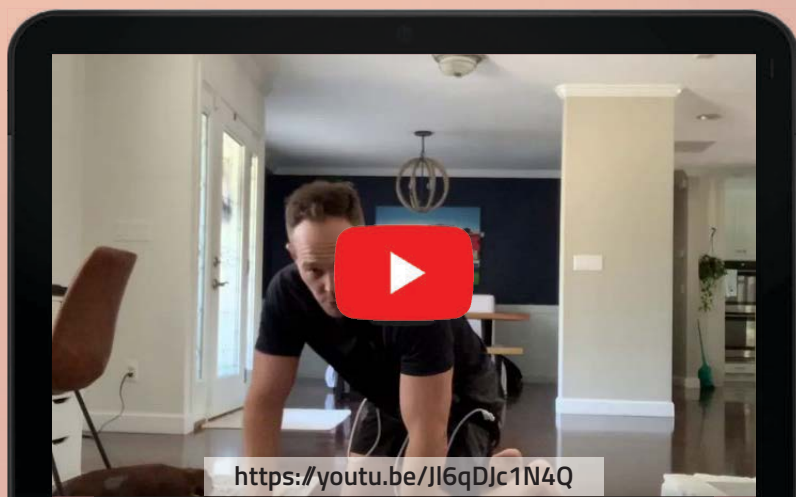


Cory Keirn DPT discusses the physiological effects of KAATSU (e.g., muscle strength, muscle endurance, VO2 max).



DR. CORY

ON KAATSU HIP FLEXOR DYNAMIC STRETCHING



Cory Keirn DPT uses the KAATSU Cycle 2.0 for tactical stretching that can be done anywhere anytime. KAATSU At Home is effective, efficient, and easy.

In the video, Dr. Keirn demonstrates the following exercises:

Hip Flexor Dynamic Stretch – Leg Bands

1. ½ kneeling with stick
2. Switch sides – ½ kneeling with stick
3. Kneeling reach back quad stretch
4. Child's pose cat and camel
5. 45 degree groiner
6. Switch – 45 degree groiner
7. 90 degree groiner with upper T opener
8. Switch – 90 degree groiner with upper T opener

DR. CORY

ON KAATSU SPINAL ROTATIONAL MOBILITY



Cory Keirn DPT shows how KAATSU can be utilized if you want to play golf, tennis, baseball or anything where you have to rotate your body. You can do these exercises anywhere anytime including in the comfort of your own home.

Dr. Keirn demonstrates and explains the following Spinal Rotation Mobility exercises with his Leg Bands:

1. Sidelying windmill
2. Switch – sidelying windmill
3. Rotation pec stick stretch
4. Repeat - Rotation pec stick stretch
5. Supine piriformis stretch
6. Switch – supine piriformis stretch
7. Hammy tigger
8. Switch – hammy tigger



PLAY ON WITH KAATSU

HOW TO GET BETTER WITH AGE

"Those pins and needles you're feeling are literally new capillaries being formed," [Jeff Bercovici](#) heard when he first tried KAATSU in Huntington Beach, California. The author of [Play On: The New Science of Elite Performance at Any Age](#) (or Play On - How To Get Better With Age or アスリートは歳を取るほど強くなる in Japanese) was visiting the first KAATSU Studio outside of Japan.

Bercovici continued to listen to the KAATSU Master Specialist as his KAATSU Air Bands repeatedly inflated and deflated in regular intervals. He was told, *"What we're doing now is a form of warm-up. We're putting pressure on the vascular walls, then releasing it. Putting pressure on the vascular walls, then releasing it. We're warming you up from the inside out."*

After a series of hand clenches that got to be difficult, Bercovici then

began a series of biceps curls without any weights. He recalled, *"It's been years since I've curled heavy dumbbells. After 15 of these weighless curls, my arms feel fatigued in a way I remember from back then."*

His third set of exercises was triceps extensions. *"Still unweighted. This time, I don't even make it to the second set. My arms are toast."*

Bercovici is sold on KAATSU and the hardware that standardizes its application for safety and effectiveness. *"KAATSU is one of a number of new technologies that seek to make athletic training more efficient and effective by separateing the good kinds of training stimuli - the ones that promote desirable adaptation - from the kinds that cause fatigue, injury, and repetitive*



strain. Like cross-training, polarized training, and altitude training, these technologies hold particular promise for older athletes."

In Play On, Bercovici also recalled the experience of a KAATSU executive who was in Pearl Harbor, Hawaii demonstrating KAATSU to a group of 25 fitness trainers for the U.S. military's Special Forces. *"Because commandos spend so much time deployed in the field, they typically prefer exercise programs that can be done anywhere, including*



absurd volumes of calisthenics. [Richard Herstone] was getting a strong vibe of skepticism from several jacked-up members of his audience, so he singled out the fittest-looking and most skeptical trainer and asked about his fitness regimen. The man replied: a 10-mile run and 1-mile swim, followed by 150 pull-ups and between 1,000 and 2,000 push-ups, depending on the day. Herstone invited the man to put the bands on and demonstrate his push-up prowess.

'He got to 36,' he recalls. 'He couldn't get off the ground, and these 24 other guys are giving him crap. I could see this look of [being] pissed. He won't look at me. So he takes off the bands, walks away, and then he comes back and says, 'You realize you just saved me an hour to an hour and a half a day?''



KAATSU MASTER 2.0

starting at \$5,375

2.5 pounds

group use

data collection

5 preset & custom pressure levels

4 sets of band

—

patented

Specialist Certification (Included)

Masimo Pulse Oximeter (Included)

warranty options

financing available

Military/Public Service Discount (10%)



KAATSU CYCLE 2.0

\$899

3.5 ounces

individual use

—

6 preset & custom pressure levels

1 set of bands (2 arms + 2 legs)

—

patented

Specialist Certification (Optional)

Masimo Pulse Oximeter (Optional)

warranty options

financing available

Military/Public Service Discount (10%)

Bercovici knows there is a miracle drug that increases life span, boosts immune function, releases good hormones and suppresses bad ones, improves sleep, and speeds up metabolism. "It's called exercise, and it...pretty much just builds muscle."

Referring to KAATSU, Bercovici now knows that physiologically exercise doesn't have to involve exercise. At least not with KAATSU which is exercising one's body from the inside out.

For more information or to order the book *Play On - How To Get Better With Age*, visit [here](#).



KAATSU C3

\$999

3.1 ounces

individual use

—

6 preset & custom pressure levels

1 set of bands (2 arms + 2 legs)

ruggedized/water resistant

patented

Specialist Certification (Optional)

Masimo Pulse Oximeter (Optional)

warranty options

financing available

Military/Public Service Discount (10%)



KAATSU B1

\$1,499

no device, only bands

individual use

data collection

6 preset & custom pressure level

1 set of bands (2 arms + 2 legs)

—

patented

Specialist Certification (Optional)

Masimo Pulse Oximeter (Optional)

warranty options

financing available

Military/Public Service Discount (10%)

ROBERT GRISWOLD RECOVERS FROM HIGH LACTATE LEVELS WITH KAATSU

Robert Griswold is an American Paralympic swimmer and gold medal favorite for the upcoming Tokyo Paralympics in various events. He has cerebral palsy and does KAATSU Cycles before and after his 8-times-per-week workouts and races as part of his pre-swim warm-ups and post-swim cool-downs.

During the complete lockdown at the U.S. Olympic Training Center due to the COVID-19 pandemic, Griswold spent nearly a year of trying his best to be creative in order to maintain his speed, strength, stamina and flexibility. He also graduated from Indiana State University, began clerking at a law firm in St. Louis, Missouri, and continues to train 8 times per week in anticipation of the Paralympic Trials in Lewisville, Texas in April with the anticipation of winning medals at the Tokyo Paralympics.

When the COVID-19 pandemic hit, the administration at the U.S. Olympic Training Center shut down its facilities, but also would not let the athletes off the Training Center campus. The athletes had no way to leave the Center, but swimmers also had no way to train properly in a pool. So what did Griswold do? He looked for an AirBnB with a backyard pool and found one and negotiated an early morning training schedule with the owner.

He and his roommate would sneak out of the Training Center campus through a side door before the sun came up. They would get to the AirBnB house with a 13-meter pool. They jury-rigged a tether unit and did



creative pool workouts. He also finagled his way to get a [Vasa Trainer unit](#) and figured out a way to stay in shape with his ingenuity and KAATSU Air Bands that he used on dry land and in the pool.

Eventually, he ended up moving to St Louis where he currently trains in a 50m pool 8 times per week while working as a law clerk 25 hours per week. The United States Paralympic Trials are on April 10-12.

He explains his recovery protocol, *“When I came back and competed in my first swim meet at the U.S. Open, I swam the 400m individual medley. I was about 95% of my peak physical abilities and just barely missed the world record. When I got out of the pool, I used my lactate meter and showed the [USA Swimming National Team High Performance Director](#) that his post-race lactate levels were 19.9 mmol/L. The director saw my lactate reading and said that 19.9 must be a mistake.*


So I retested a few minutes later and I tested at 20.2 mmol/L. The director was surprised it was that high.”

But Griswold uses his KAATSU equipment to help him recover from these high lactate levels. He swims easily (loosens down) for 600 meters until his lactate reading is between 7-8 mmol/L. Then he gets out of the water and does KAATSU Cycles until his lactate is reduced to 2.1 or lower mmol/L.

“

Griswold uses his KAATSU equipment to help him recover from these high lactate levels. He swims easily (loosens down) for 600 meters until his lactate reading is between 7-8 mmol/L.





KAATSU The only intelligent automated pressure system for training, health and recovery

Helping our elite perform at their best

Improve human performance

Accelerate rehabilitation

Recover quicker from training



KAATSU

John's story

John Doolittle served our country in US Special Operations for 25 years. During his time with Naval Special Warfare (NSW) he needed many orthopedic interventions requiring 12 surgeries. Towards the end of his service, embedded physical therapists used the KAATSU intelligent pressure system on John after shoulder surgery, resulting in a 50% reduction in rehab time from the same injury 6 years earlier; an unprecedented result.

John appreciated the benefits of KAATSU for rapid rehabilitation, and later used KAATSU to rehab from bicep tendon surgery, as well as a total knee replacement. After seeing impressive performance and recovery results for himself and other tactical athletes, he decided to join the KAATSU Team and bring this industry leading technology to all federal and government entities.

When he retired from NSW, John took up a senior role with KAATSU Global, the company that changed his life.

His mission - to deploy KAATSU where it can have the most impact and benefit for those who serve our country.



John Doolittle is the current CRO of KAATSU Global.

"No other device can do what KAATSU does. It's unique automated pressure system transformed my rehabilitation, cutting my recovery time by over 50%."

Contact: John Doolittle
JD@KAATSU.com
+1-727-247-9173

ADS Contact: Mike Ottaway
mottaway@adsinc.com

KAATSU

The only intelligent automated pressure system for training, health and recovery.

KAATSU is the only automated external pressure system for training and therapy. KAATSU created and has led the BFR market with the development of this technology. Our new Bluetooth enabled KAATSU 4 takes our Intelligent pressure systems to the next level, offering maximum freedom and flexibility of use.

Protected by 47 global patents, our equipment and protocols have an unprecedented safety track record with over 20 million individual KAATSU sessions in 48 countries around the globe.

Used by Olympic and professional athletes, military personnel, disabled individuals and trauma patients. KAATSU is the ultimate pressure system for performance, recovery and rehabilitation.

KAATSU is used by:



KAATSU 3

Available December 2020. KAATSU 3 is our ruggedized training and rehabilitation device.

KAATSU 3 Features

3rd generation product

Simple to use

Works anywhere (air / land / water)

Consecutive KAATSU
Cycle mode + Constant mode

6 pressure level presets

Customizable pressure levels (0-400 SKU)

Compact + Lightweight

Fully ruggedized

KAATSU 3 Package MSRP \$999

4 Patented pneumatic bands (2 arms+2 legs)

Band sizes S - XL

USB charger

Online education programs

Optional CEU online certification

Finger Pulse Oximeter (optional extra)

Access to KAATSU Performance database

Reimbursable with CPT codes

One year warranty (+ warranty options)

US patent #9,775,619

NEW
RELEASE

KAATSU 4

Coming Q1 2021.

KAATSU 4 is our next iteration with full Bluetooth capability.

KAATSU 4 Features

Controlled by smartphone via Bluetooth with KAATSU Connect mobile app

Simple to use + no tubes

Works anywhere (air / land / water)

Consecutive KAATSU
Cycle mode + Constant mode
(Single limb focus available)

6 pressure level presets

Customizable pressure levels (0-400 SKU)

Super compact + Lightweight

Fully ruggedized

KAATSU 4 Package MSRP \$1499

4 Patented pneumatic bands (2 arms+2 legs)

Bluetooth enabled band sizes S - XL

Personal data archived + analyzed

USB charger

Online education programs

Optional CEU online certification

Finger Pulse Oximeter (optional extra)

Access to KAATSU Performance database

HIPAA compliant database

One year warranty (+ warranty options)

US patent #9,775,619

Our products



KAATSU 3



NEW KAATSU 4 Bluetooth enabled

The KAATSU difference

Automated ★★★★★

Intelligent + adaptive ★★★★★

Bluetooth enabled ★★★★★

Compact + portable ★★★★★

Ruggedized ★★★★★

Works anywhere ★★★★★

Proven + effective ★★★★★

Engineered in the USA



GOUT TESTIMONIALS AFTER KAATSU CYCLES

5 8-year-old John S from Southern California has gout. He explains, *"I take a medication for it daily, and have a medicine in case a flare-up occurs called colchicine that usually knocks out the gout once I feel it coming on. This time though, I have a different brand of culture since it didn't work so I experienced a really intense painful bout of gout."*



His sons, who are competitive water polo players and avid KAATSU Nano users, suggested John at least try KAATSU for some kind of relief.

"So I tried KAATSU," he recalls. "I couldn't walk. But, hh my God, right after KAATSU, I was able to walk. It actually felt good as I was trying to move my foot around. It loosened up after three KAATSU Cycles with very little movement. This is amazing.

I am not sure how I'm gonna feel in four hours or tomorrow morning, but right now I feel like I can actually walk and it feels good in my ankle joint on my left foot. It was so painful that even the slightest fabric rub or touch was almost a 9 on a 10 scale. I was just happy that I could get some sleep tonight. So glad we have the KAATSU machine."

The next report came shortly thereafter, "It's interesting with gout. The movement with the KAATSU bands on helps circulate the blood. Previously, any movement caused intense pain so much that you don't

want to live, thus little circulation. With KAATSU, you don't have to move too much (and with little pain) to get the benefit and results of increased circulation from the movement. It seems to work and I was able to move relatively well after the first KAATSU Cycle with very little pain. In fact, it felt like the comfort you get from a stretch or scratching an itch to be able to move during the second and third KAATSU Cycles."

The next day, John reported again, "It's quite amazing. Literally the feeling was like a 9 on the pain scale before KAATSU. It dropped down to a 5 during the first KAATSU Cycle, then a 2 during KAATSU Cycles #2 and #3. This was counter-balanced by a euphoric feeling from mobility in the ankle at a 3 or 4 in any euphoria scales. So while the pain was still there, the range of motion and euphoric feeling overtook any slight pain and made me want to walk during Cycles #2 and #3. This morning, the pain was elevated but much less, like a 6. Amazing really."

G.I. JOE TAKES FLIGHT AND CONTINUES IMPROVEMENT



Not only has retired U.S. Army Green Beret Sergeant 1st Class Joseph Lowrey made significant improvements in his muscle tone and mobility after improbably surviving a horrific gunshot wound to his head during a combat tour in Afghanistan, but also his vision scores have returned to his pre-seizure levels.

“Not only has Joe improved his cognitive functions, but his vision improvements will enable him to obtain a California State driver’s license,” said Steven Munatones. *“Getting his license and being able to drive is another major step in his long rehabilitation from a month-long*

coma after getting shot in the head. When I first met Joe, he had to record everything that I said because his short-term memory was so impacted. Now, Joe can talk profoundly about his ketogenic diet or his increased muscle tone and elasticity or a new author he is reading or his deep faith in God.”

The Long Beach, California native is an avid KAATSU Cycle 2.0 user - doing twice-daily sessions on both his arms and legs - while launching his G.I. Joe YouTube channel and working with his colleagues at [United Wings of Liberty](#).

United Wings of Liberty is a military veteran nonprofit organization that acts a hub for all Veteran nonprofit organizations, patriotic business owners and citizens

[see [here](#)].





Available April 2021

The Comeback of ROY BURCH

SPECIAL FEATURE



"I drove my body upwards as strongly as I normally do, trying to be as explosive as possible," recalled Olympic sprinter Roy Burch.

"When my feet left the ground, I heard something tear from both legs."

"I knew immediately that the injury was bad, but I had no idea that I would be out so long."

ROY BURCH

(Continued on page 39)



SPECIAL FEATURE ON OLYMPIAN?

ROY BURCH

*(Continued on page 38)***Burch was down and out.**

In a series of jumping squats, he had literally jumped so fast and so hard that he tore his ligaments right from the bone.

It was a freak accident, but this was the level of intensity that Burch had become known for.

A two-time Olympic swimmer from Bermuda, Burch was among the best in the world in the start of the 50- and 100-meter freestyle sprints.

The man to watch...

Consistently the man to watch with the fastest reaction time off the starting blocks, Burch used his impressive physical skills to gain an early advantage over his rivals.

His coaches, both in Bermuda and at SwimMAC in North Carolina, knew that Burch has the talent and drive to be a force to be reckoned with at the 2016 Rio Olympic Games.

But he has to remain healthy and on top of his game to compete with the sprinters from traditional swimming powerhouses like the United States, France, South Africa and Australia.



His muscular frame, especially his powerful legs, were atrophying even through he was undergoing an intense program of traditional physical rehabilitation.

However, he found himself crumbled on the ground, writhing in tremendous pain.

In spite of his fears, he formulated a plan.

As soon as his fears become a reality, he had already formulated a plan to come back. Burch was not an athlete to remain down for long.

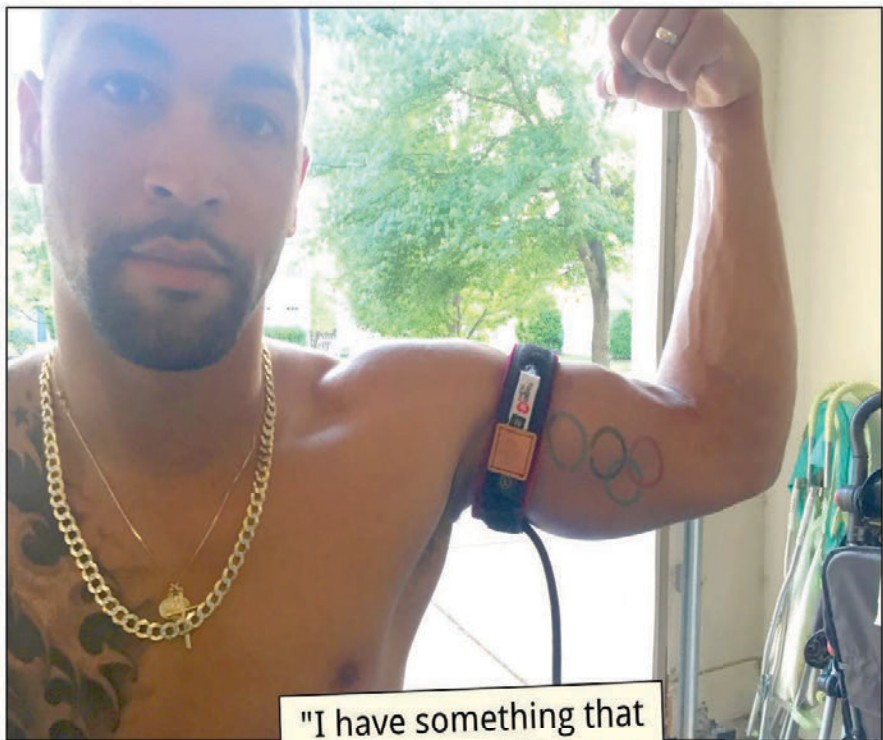
But his rehabilitation was a bear. Eight weeks in a wheelchair, his powerful physique took a hit.

Atrophy ensues.

His muscular frame, especially his powerful legs, were atrophying even through he was undergoing an intense program of traditional physical rehabilitation.

ROY BURCH

(Continued on page 40)



ROY BURCH
(Continued on page 39)

Enter Chris Morgan, an Olympic swimming coach from Beverly, Massachusetts who specializes in developing sprinters from young age-groupers to international Olympians like Burch.

This was not the first encounter between Roy and Chris. They had crossed paths twice before: once in 2008 at the Olympics in Beijing when Morgan's athlete Andrei Cross (from Barbados), introduced the pair, and then again the two

"I have something that can help you," Morgan tweeted at Burch.

"I am game," Burch tweeted back.
"What is it?"

"KAATSU."



spoke briefly at the World Championships in Doha, Qatar in late 2014.

"I have something that can help you," Morgan tweeted at Burch.

"I am game," Burch tweeted back.
"What is it?"

"KAATSU."

"KAATSU?"

So began the odyssey that brought the unlikely pair together: one coach from Beverly, one athlete from Bermuda.

ROY BURCH
(Continued on page 41)



ROY BURCH
(Continued on page 40)

Two years ago, Morgan had been introduced to KAATSU while coaching at Harvard University and had used KAATSU to rehabilitate himself from two broken ribs.

Morgan, himself a former sprinter, had also prided himself on a powerful kick to propel him through the water.

"I understood what Roy had lost and what he needed to gain back," he said.

Two years ago, Morgan had been introduced to KAATSU while coaching at Harvard

University and had used KAATSU

to rehabilitate himself from two broken ribs.

"I broke two ribs in a mud run and did KAATSU twice a day for a week. After 7 days, I went back to get x-rays because I no longer felt any pain. The x-rays had shown that the ribs were completely healed. From that point on, I was sold on KAATSU."

"Later, I started to use KAATSU with my high school swimmers and they dropped unbelievable times"

ROY BURCH
(Continued on page 42)



"KAATSU is totally unheard of in Europe and America, but it is a proven Japanese strength-building modality that is safe.

It offers the most effective form of rehabilitation that I have ever seen in my career."

~ Chris Morgan

ROY BURCH
(Continued on page 41)

"Now I knew what the Japanese and Chinese had and what was missing here in the U.S."

Morgan's observations were validated when he saw what the U.S. Olympic skiers and jumpers were doing with KAATSU under the guidance of Dr. Jim Stray-Gundersen in Park City, Utah.

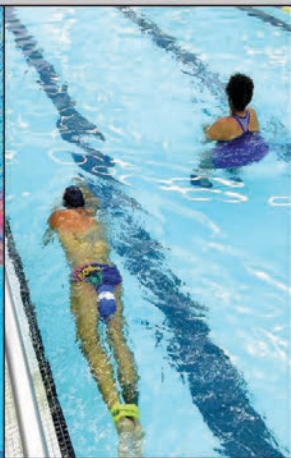
The skiers had their fair share of horrific injuries and had

similarly rehab litated quickly from injuries ranging from broken bones to torn muscles.

"KAATSU is totally unheard of in Europe and America, but it is a proven Japanese strength-building modality that is safe. It offers the most effective form of rehabilitation that I have ever seen in my career that has taken me from Stanford to 14 years in Europe," Morgan explained.

With the sponsorship help of FINIS, Morgan brought Burch a KAATSU Master, the highest end KAATSU device used by professional sports teams, and a

ROY BURCH
(Continued on page 43)



ROY BURCH

(Continued on page 42)

set of high-tech KAATSU Air Bands. Morgan visited Burch's home in Charlotte, North Carolina and they went right to work.

Morgan taught Burch the standard KAATSU protocols that Morgan had learned from one of the premier Japanese KAATSU Specialists.

"Shimizu-san came from Tokyo while I was at Harvard and really taught me the detailed principles and protocols of KAATSU that were invented by Dr. Yoshiaki Sato in Tokyo in 1966.

"His training was just like the movie Karate Kid... 'wax on, wax off.'"

"Over and over again, Shimizu-san showed me all the nuances and fine details of how to rehabilitate athletes quickly with KAATSU."

Morgan shared these protocols with Burch including KAATSU 3-point exercises and principles such as 'going to failure', capillary refill time, and setting the base and optimal pressures.

Burch soaked up the KAATSU know-how like a sponge. "I felt the impact of KAATSU immediately," recalled Burch.

"All the power that I had lost felt like it was coming back when I did KAATSU."

Burch was as diligent in his KAATSU



For more information about KAATSU Training, visit KAATSU-GLOBAL.com

rehabilitation as he had been with his pre-Olympic training.

Within days, his girth started to come back on his legs as he keeps diligent notes on his training and rehabilitation.

"I felt sensations in my legs right from the beginning. I gained noticeable muscle growth on my legs within a week. Within a month, I was nearly back to where I was before. I have never seen anything like this."

"Roy still has a ways to go," admitted Morgan. "But it has been 4 weeks since Roy started dry-land KAATSU. We will soon start to incorporate KAATSU Aqua into his overall KAATSU rehabilitation and he can do

KAATSU in the water building the precise muscles that he needs to explode off the blocks, in the water, and off the walls. Once he is back, Roy will then start doing KAATSU Training as opposed to doing KAATSU as therapy."

Morgan believes that Burch will not only fully recover, but he will become stronger and faster than ever before. His Olympic dream was not over; it is still on.

So despite Burch's jumping squat that snapped his ligaments, his fall ultimately has led to a dramatic rise.

OWSM

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

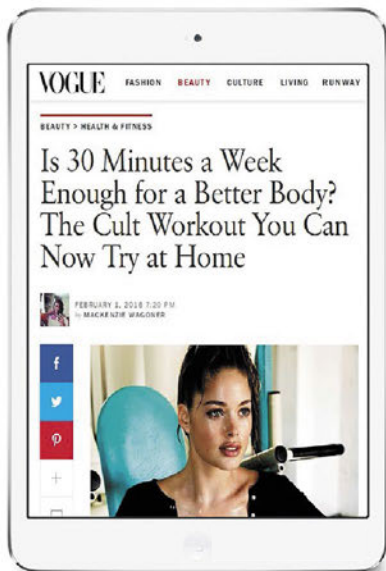
ABOUT KAATSU

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.

LEGAL NOTICE—DISCLAIMER Warning: KAATSU Global, Inc. cannot diagnose diseases, prescribe drugs, or recommend treatments for specific disease conditions and does not dispense medical advice. Any views and ideas expressed are opinions only and not intended to be a substitute for conventional medical advice or service. You agree that no responsibility or liability will be incurred to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this document. If you have a medical condition, please see a licensed healthcare practitioner.

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.

Customer Service:

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

e-mail: info@kaatsu-usa.com

Outside

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

By Devon Jackson, Staff Writer
OutsideOnline.com



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

AVAILABLE
NOW

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**

www.kaatsu-global.com

NEXT-GENERATION KAATSU MASTER 2.0

AVAILABLE
NOW

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.

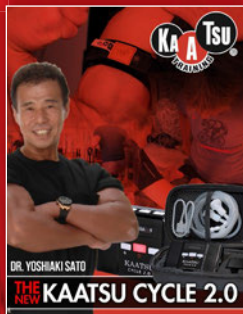
ARMS

Small: 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

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.

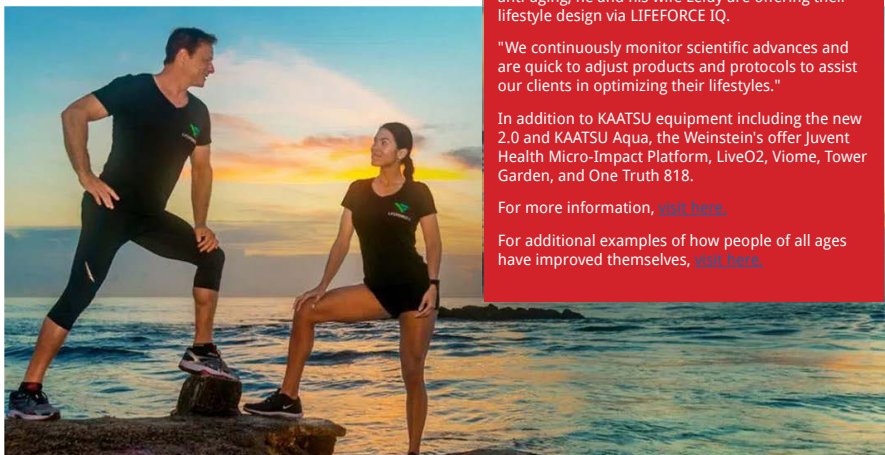
Weinstein was an investment banker for 35 years, specializing in biotechnology and medical companies. With that background and knowledge, combined with his lifelong interest in athletics and anti-aging, he and his wife Leidy are offering their lifestyle design via LIFEFORCE IQ.

"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.](#)



MR. UNIVERSE MASTERS KAATSU

