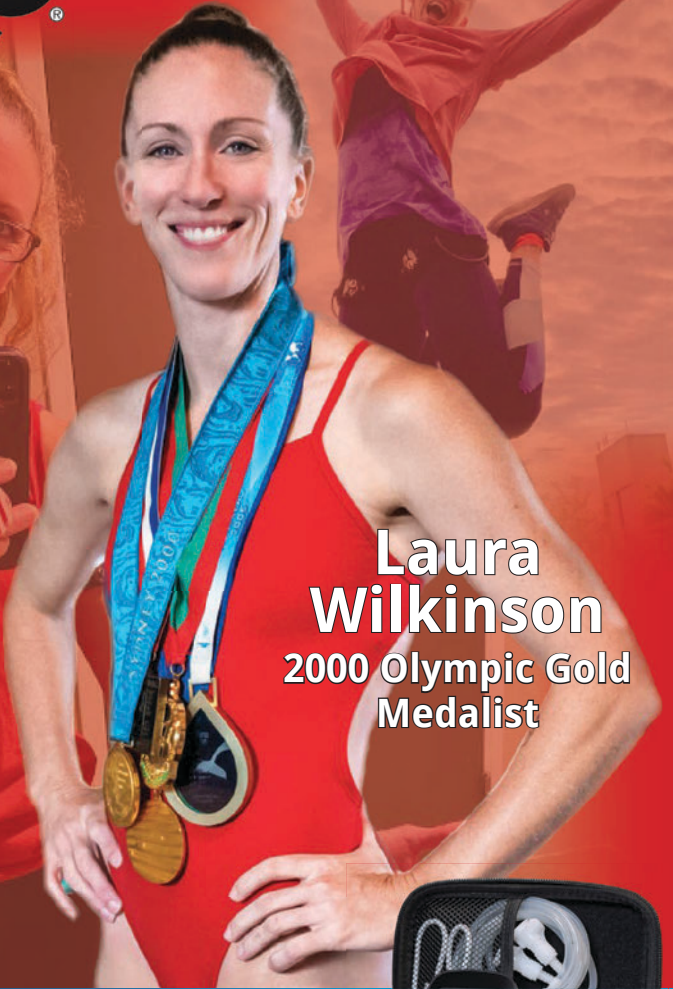
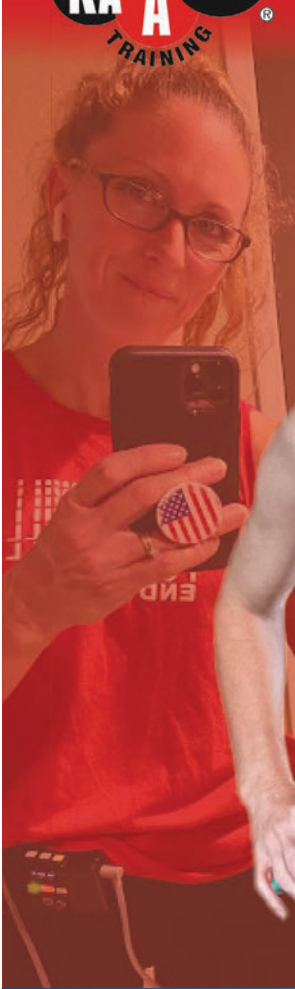


# KAATSU®



**Laura  
Wilkinson**  
2000 Olympic Gold  
Medalist

**OPTIMIZING LIFESTYLES,  
IMPROVING POTENTIAL**



# OPTIMIZING LIFESTYLES, IMPROVING POTENTIAL

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Conservative, Gradual, Progressive KAATSU Cycles Are Key



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Learn more about KAATSU:

**www.kaatsublog.com**

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# OPTIMIZING LIFESTYLES, IMPROVING POTENTIAL

*(a paperback adaptation of KAATSU Magazine, Volume III, Issue 4)*

By Steven Munatones for KAATSU Global, Inc.

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# OPTIMIZING LIFESTYLES, IMPROVING POTENTIAL

## THE LETTER FROM THE EDITOR



The first time I did KAATSU in 2001, it completely changed my mindset on what was possible as I age.

I learned from Dr. Yoshiaki Sato, the KAATSU inventor, that I could be stronger, faster, and fitter as I grew older. Famous athletes often say, "Age is just a number", but aging is a very real phenomenon. I see it in my hair and skin every day in the mirror. But longevity is also a factor of vascular elasticity. That is, how elastic is the vascular tissue of my arteries, veins and capillaries?

I can't help my hair turn gray, but I can improve the elasticity of my vascular system - and I do it every day with KAATSU.

After a relatively sedentary life from my late 20s to mid-40s, my

waist started to shrink and my upper body broadened with daily and simple sessions of KAATSU that I built into my lifestyle. At home and at home, I got in the habit of doing KAATSU Cycles while typing emails or reading news articles. Now, hundreds of thousands of people are learning the benefits of KAATSU the Original BFR.

The KAATSU Magazine is one means to share their stories. Share your stories of increased strength, speed, stamina and fitness with us and the global KAATSU community.

*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

# WORKING ON YOUR GLUTES AND POSTURE WITH KAATSU SITTING AND KAATSU STANDING

For who? Women, athletes, Baby Boomers, KAATSU users

For what? Muscular tone, posture, strength, functional movement,  
hormonal response, stress relief

Sitting is called the Silent Addiction of the 21st century.

We all sit way too much.

A majority of humans sit more than ever before in human history. Sitting for long periods of time - as we do in our offices and

homes - leads to a number of health concerns. The problems with sitting too much include obesity, increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels.

So what can KAATSU Sitting do? What can KAATSU Standing accomplish?

KAATSU Sitting and KAATSU Standing can lead to strong glutes, good posture, improved energy throughout the day, and a confident walking gait - like 56-year-old aesthetician Tina Newman in the photo on the left.

KAATSU Sitting and KAATSU Standing can very effectively replicate the effects of movement and exercise. We can do KAATSU Sitting in the course of our day without impacting our work or responsibilities. By tightening the KAATSU Air Bands around your legs, whether you are in



PS Express





KAATSU Sitting and KAATSU Standing are two very effective modalities that not only offset the ravages of too much sitting and help develop the lower body musculature, but also are time-effective, convenient means to accomplish lower body and core toning while working or relaxing.



the office or at home, whether you are typing emails or watching television, you can literally workout and tone your muscles.

### KAATSU Sitting 101

- Snugly tighten the KAATSU Air Bands around your upper legs, right against your groin with “one-finger tightness” (so you can put one finger between the bands and your legs, but not two fingers).

- Always be well hydrated before and during your KAATSU sessions.
- Only do Progressive KAATSU Cycles (i.e., start off with the lowest pressure settings and then gradually increase after each set).
- Do no more than 6 consecutive sets of KAATSU Cycles, but you can do this twice per day as your body becomes acclimated to KAATSU.

### KAATSU Sitting At A Desk

- With the KAATSU Air Bands on your upper legs and the KAATSU Cycles on, keep your feet on the floor or on a footrest.
- Do not cross your legs. Your ankles should be directly in front of your knees.
- Maintain a small gap between the back of your knees and the front of your seat.
- Keep your knees at or below the level of

## STRETCHING ARMS ABOVE HEAD WHILE SEATED



[https://youtu.be/WUX5\\_KkuDv4](https://youtu.be/WUX5_KkuDv4)

your hips.

- If necessary, adjust the backrest of your chair in order to support your low- and mid-back or, alternatively, use a back support.
- Keep your shoulders relaxed and keep your forearms parallel to the ground (if you are typing, using your smartphone, reading or listening to music).
- Occasionally stretch your upper body.
- Alternatively and occasionally if you are in your office or at home relaxing, you can also throw in KAATSU Standing sessions.

### **KAATSU Standing**

- With the KAATSU Air Bands on your upper legs and the KAATSU Cycles on, bear your weight primarily on the balls of your feet.
- Keep your knees slightly bent.
- Keep your feet about shoulder-width apart.
- Let your arms hang naturally down the sides of the body.
- Stand straight and tall with your shoulders pulled down and backward.
- Tuck your stomach in.
- Keep your head level. Your earlobes

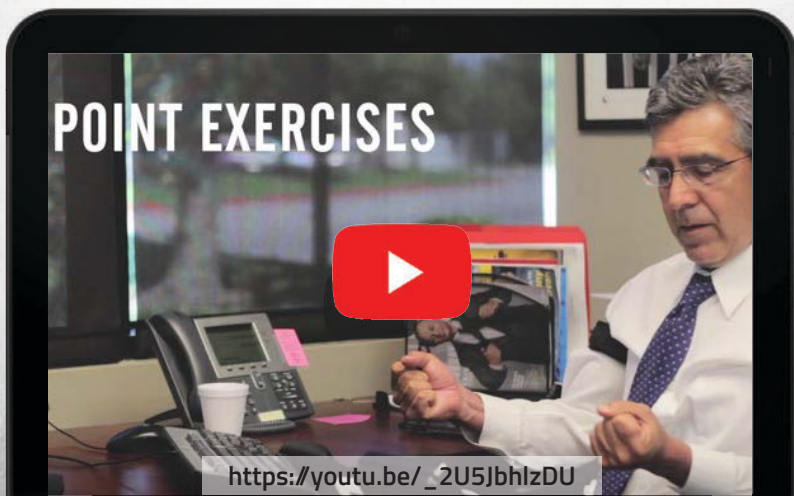


should be in line with your shoulders. Do not push your head forward, backward, or to the side.

- Occasionally shift your weight from your toes to your heels, or one foot to the other.
- Repeatedly squeeze your glutes if you like.

### **KAATSU Sitting In The Office**

KAATSU Sitting and KAATSU Standing are two very effective modalities that not only offset the ravages of too much sitting and help develop the lower body musculature, but also are time-effective, convenient means to accomplish lower body and core toning while working or relaxing.





# THE HISTORY OF KAATSU AND HOW THE ORIGINAL BFR CAME ABOUT



**For who? Competitive athletes, Baby Boomers, KAATSU users**

**For what? Strength, stamina, functional movement, hormonal response, balance, skin elasticity**

Professor Sir Dr. Yoshiaki Sato, MD, PhD of Tokyo, Japan is the inventor of KAATSU and the pioneer of the BFR (Blood Flow Restriction) market.

This video summarizes the history of KAATSU until 2010. The video explains how KAATSU can improve blood circulation, stimulate a significant hormonal response, and improve muscle tone.

KAATSU is the Original BFR was invented in 1966. The KAATSU Cycle was invented

in 1973. Its research at the University of Tokyo began in 1995 with Naokata Ishii, PhD. and its first patent was issued in 1997.

The KAATSU products have been engineered and designed in Southern California since 2014 while the initial testing and research were conducted by Dr. Sato and cardiologists Dr. Toshiaki Nakajima and Dr. Toshihiro Morita at the University of Tokyo Hospital (with over 7,000 cardiac rehab patients between 2004 and 2014. The physicians studied,



**The KAATSU Air Bands inflate and deflate in a patented sequence based on algorithms that are optimal for each user, no matter their age or physical abilities.**

tested, researched and set the protocols at the 22nd Century Medical Center in the Department of Ischemic Circulatory Physiology, Kaatsu Training, University of Tokyo.

The carefully controlled, narrow, elastic, easy-to-use pneumatic KAATSU bands automatically and safely optimizes blood circulation for muscle tone, strength, mobility, rehabilitation, and recovery.

KAATSU devices (KAATSU Master 2.0, KAATSU Cycle 2.0, KAATSU C3, KAATSU B1, KAATSU AI) included a handheld automated compressor and universal pneumatic, stretchable bands which are placed around the arms or legs. Arm bands and leg bands are used separately during each session.

The KAATSU Air Bands inflate and deflate in a patented sequence based on algorithms that are optimal for each user, no matter their age or physical abilities. KAATSU protocols are convenient, easy-to-do, and time-effective. KAATSU equipment 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 people...

### **Recover Faster, Rehab Stronger and Perform Better**

For more information, visit [www.kaatsu.com](http://www.kaatsu.com) to learn more about BFR, Blood Flow Restriction, BFR exercise, BFR science, and KAATSU protocols and how KAATSU differs from B Strong, Delfi Portable Tourniquet System for Blood Flow Restriction, Smart Cuffs, and other BFR brands and low-cost occlusion bands.

The primary differences between KAATSU and other BFR bands is:

1. KAATSU utilizes the patented Cycle function
2. different pressures can be simultaneously used on different limbs, including the option of doing Single-Limb KAATSU
3. KAATSU equipment and protocols were proven safe and effective after a decade of clinical use and research on over 7,000 cardiac rehab patients at the University of Tokyo Hospital (between 2004 and 2014)
4. KAATSU is used by cardiologists, orthopedic surgeons, podiatrists, and physicians in various specialties as well as physical therapists, chiropractors, trainers and coaches
5. KAATSU Air Bands do not occlude arterial flow
6. KAATSU is meant to be gentle and convenient in order to do anywhere anytime
7. KAATSU is used worldwide by people up to the age of 104
8. more research has been conducted in more countries on KAATSU than any other BFR device
9. the seminal, groundbreaking research on BFR was conducted and published by KAATSU inventor Dr. Yoshiaki Sato in the 1990s
10. KAATSU Air Bands are waterproof and the KAATSU C3 is ruggedized for military applications

You can also learn more about KAATSU the Original BFR on the KAATSU Blog, Facebook, KAATSU Global Twitter, Original BFR Twitter, and Instagram.

# DR. SATO, THE KAATSU INVENTOR, DISCUSSES BENEFITS OF KAATSU



For who? Competitive athletes, Baby Boomers, KAATSU users

For what? Strength, stamina, functional movement, hormonal response

**P**rofessor Sir Dr. Yoshiaki Sato, MD, PhD is the inventor of KAATSU. This is a multi-part playlist of information about KAATSU by Dr. Sato from his headquarters in Tokyo, Japan.

KAATSU equipment and protocols can improve blood circulation and improve muscle tone. KAATSU is the Original BFR (Blood Flow Restriction), invented in 1966 while the KAATSU Cycle was invented in 1973.

The KAATSU products are engineered and designed in Southern California while the initial testing and research were conducted by Dr. Sato and cardiologists Dr. Nakajima and Dr. Morita at the University of Tokyo Hospital with over 7,000 cardiac rehab patients between 2004 and 2014.

KAATSU is the pioneer in the emerging global BFR market. The carefully controlled, easy-to-use pneumatic KAATSU bands automatically and safely

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The KAATSU Air Bands inflate and deflate in a patented sequence based on algorithms that are optimal for each user, no matter their age or physical abilities. KAATSU protocols are convenient, easy-to-do, and time-effective. KAATSU equipment 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, Perform Better**

For more information, visit the [www.kaatsu.com](http://www.kaatsu.com) website to learn more about BFR, Blood Flow Restriction, BFR exercise, BFR science, and KAATSU protocols and how KAATSU differs from B Strong, Delfi Portable Tourniquet System for Blood Flow Restriction, Smart Cuffs, and other BFR brands and low-cost occlusion bands. The primary differences between KAATSU and the other BFR bands is:

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You can also learn more about KAATSU the Original BFR [here](#) and on [Facebook](#) [KAATSU Global Twitter](#) [Original BFR Twitter](#) and [Instagram](#)







# SWIMMING TO OPTIMIZE YOUR BRAIN FUNCTION AND HEALTH

For who? Competitive athletes, Baby Boomers, swimmers

For what? Strength, stamina, functional movement, cognitive function

[Ryan Glatt, MS, CPT, NBHWC](#) is a psychometrist and a Brain Health Coach at the Brain Health Center in the [Pacific Neuroscience Institute](#) in Santa Monica, California.

**T**he Pacific Neuroscience Institute focuses on care of patients with a spectrum of neurological and cranial disorders including brain tumors, skull base tumors, pituitary tumors, spine health, stroke and related neurovascular diseases, adult hydrocephalus, vision and hearing disorders, facial pain and paralysis syndromes, movement disorders

as well as sinonasal tumors and related disorders. Additionally the brain health team cares for a wide spectrum of behavioral and cognitive disorder as well as autoimmune and neuroinflammatory disease such as Multiple Sclerosis.

Glatt talks about three types of exercise that optimize brain's function and health, and how to incorporate





Thinking about how to swim in a more balanced and streamlined manner is a cognitive exercise as is maintaining different paces at different intervals also requires thought.

”

them into your day-to-day lifestyle in a [Genius Life podcast](#) with [Max Lugavere](#), a television personality, health and wellness writer, science journalist, and New York Times best-selling author of *Genius Foods*.

#### Types of Exercises

- aerobic exercise
- resistance training
- skill-based training (or skillful exercise and neuromotive training)

Swimming is multi-modal. Swimming concurrently enables three types of exercise. Doing all four strokes in a pool in a standard (and innovative\*)

interval training workout comprises of aerobic exercise, resistance training, and skill-based training.

#### Aerobic Exercise

Swimming all four strokes in a pool in a standard interval training workout leads to increased heart rate and respiration rate.

#### Resistance Exercise

While most people do not think of swimming as resistance exercise, it clearly is. The arm movement while doing butterfly, backstroke, breaststroke, and freestyle involves not only pulling (in the front half of the arm strokes in all four swimming styles), but also pushing (in the last half of the arm strokes in all four

swimming styles) for the upper body and core muscles.

The long-axis swimming strokes (i.e., backstroke and freestyle) and the short-axis swimming strokes (i.e., butterfly and breaststroke) work on different muscles in different ways. But, in general, the first part of the swimming strokes is a pulling action that primarily works the backs and biceps. The second part of the swimming strokes is a pushing action that primarily works the chest, shoulders and triceps.

By utilizing hand paddles, parachutes, fins, snorkels, and KAATSU Aqua Bands, the outcomes and results in the resistance realm become even greater.

Similarly, the leg and core muscles are worked differently in the long-axis and short-axis strokes. The legs either move up and down against the resistance of the water (in butterfly, backstroke, freestyle) or up and back (in breaststroke).

The quadriceps, hamstrings, calves and abdominals are used concurrently while the upper body is used. The lower body

gets a focused, intense bout of exercise before and during turns at the walls of a swimming pool.

### Skill-based Training

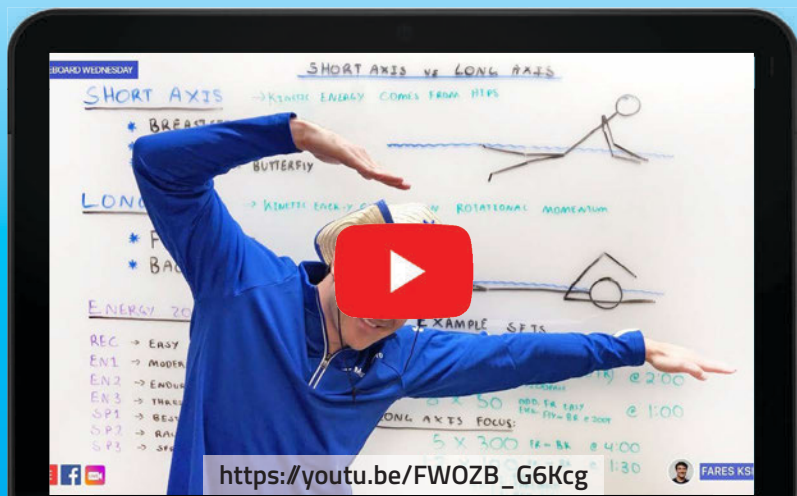
Thinking about how to swim in a more balanced and streamlined manner is a cognitive exercise as is maintaining different paces at different intervals also requires thought.

Additionally, focusing on faster turns (with increased underwater propulsion) and transitioning between butterfly, backstroke, breaststroke and freestyle at fixed intervals, or progressing faster intervals, or in negative split swims also requires thought.

For the ultimate in cognitive effort, doing intervals based on prime numbers is challenging. That is, instead of doing 10x100@1:30, swimmers can do 7x100@1:27.

### KAATSU

By adding KAATSU Aqua to a swimming workout, the ability to achieve Glatt's advice becomes more effective and efficient.



# ROBERT HEIDUK ON ULTIMATE ATHLETE CONCEPTS: CUT THE CHECK PODCAST



For who? Competitive athletes, Baby Boomers, retirees, masters athletes, corporate executives

For what? Strength, recovery, functional movement, mobility, balance

[Ultimate Athlete Concepts: Cut The Check Podcast](#) featured KAATSU Master Specialist Robert Heiduk in its January 2021 podcast.

**H**eiduk is a German sports scientist and product scout for cutting-edge sports technology. For more than a decade, he has been active in education of coaches and in health consulting for companies like Google or PPG Industries. He has lectured internationally and wrote the book KAATSU - Das Druck-Training aus Japan: Neue Perspektiven in Sport, Therapie und Gesundheitsförderung that was also published in English as

[KAATSU - The Pressure Training from Japan.](#)

Heiduk's motto is 'Whoever wants to go to the source must swim against the current'. He is shown above doing a KAATSU session with the world champion German bobsled team.

Listen to Heiduk's 42-minute podcast covering all things KAATSU the Original BFR on Ultimate Athlete Concepts [here](#).

# ALWAYS START CONSERVATIVELY WITH KAATSU

For who? Baby Boomers, retirees, masters athletes, corporate executives

For what? Strength, recovery, functional movement, mobility, balance

**W**hen you first start KAATSU, it is extremely important and a KAATSU Golden Rule to start very gently, conservatively and slowly.

This guideline is especially true if you have any adverse medical or physiological conditions, are older than 50 years old, are sedentary or de-conditioned. This is true even if you think you are fit and can withstand great physical challenges.

The standard recommended build-up protocols when starting KAATSU, especially with older individuals, are as follows:

- In order to build up to 5-6 KAATSU Cycles in one session, build-up slowly and gradually:
- Do only 1 KAATSU Cycle in your 1st session in the first week.
- You can do 2 KAATSU Cycles in your 2nd session in the second week.
- You can do 3 KAATSU Cycles in your 3rd session in the third week.
- You can do 4 KAATSU Cycles in your 4th session in the fourth week.
- You can do 5 KAATSU Cycles in your 5th session in the fifth week.
- You can do 6 KAATSU Cycles in your 6th session in the sixth week.



In Chapter 7 of the online KAATSU Education Program, the Standard Do's and Don'ts of KAATSU are listed:

KAATSU can be prudently and safely incorporated into your training, rehabilitation, and recovery regimens - without performing at maximal pressure levels.

## Do's

- Always hydrate well before, during and after each KAATSU session.
- Always first use the KAATSU Cycle Mode before using the KAATSU Constant (Training) Mode.
- Always breathe throughout your KAATSU exercises. Consciously count your repetitions quietly to yourself or out loud so you do not hold your breath while doing KAATSU.
- Always place the KAATSU Air Bands at the correct location on your upper and lower limbs.
- Always confirm your KAATSU Air Bands are high enough to engorge your limbs in blood and create a pink or red color to your skin in your arms and legs. You can get distended veins, but the band pressure should not be so high to occlude your blood flow to your limbs.
- Always wear your KAATSU Air Bands over clothing (e.g., t-shirts, shirts, tights, pants, shorts).
- Always frequently check your Capillary Refill Time (CRT) throughout the KAATSU session.
- Always confirm your CRT is always less than 3 seconds in duration.
- Always release your KAATSU Air Bands if you feel something is not right or unusually uncomfortable. If you feel lightheaded or if you have an unusual pain on one side or the other, immediately stop and take off your KAATSU Air Bands.



- You can perform different exercises during your KAATSU session while doing KAATSU Cycles as you see fit.
- Use the KAATSU Cycle and the KAATSU 3-point Exercises or stretch to warm-up and to help determine the optimal SKU pressure or as a form of basic exercise for both your arms and legs.
- The veins in your limbs may become distended (i.e., pop out) and you may feel a slight tingling in your fingers or toes during the KAATSU Constant mode.
- If you experience occlusion, numbness, or any kind of lightheadedness with the KAATSU Air Bands, immediately remove the bands from your limbs. Always check with your physician before starting a KAATSU regimen.
- Always start slowly and conservatively with KAATSU.

# Don'ts

- Do not use when dehydrated or intoxicated or after or while drinking alcohol or taking medications or illegal drugs including any performance enhancing drugs.
- Do not use while driving a vehicle.
- Do not use while underwater or while holding your breath.
- Do not use while using a vibration plate or doing anything (e.g., treadmill, Bosu Balls) that you cause you to lose your balance.
- Do not fall asleep while the KAATSU Air Bands are on your arms or legs.
- Do not use if you feel pain during use.
- Do not ever partly or fully occlude your blood flow. Signs of this occlusion are collapsed veins, no pulse at your wrists, pale palms of your hand, pale or blue skin color, or severely delayed (>6 seconds) capillary refill time.
- Do not train in the KAATSU Constant mode (i.e., sustained pressure with the inflated bands) for more than 10 minutes on either your arms or your legs.
- Do not use more than 6 consecutive KAATSU Cycles in a row; always build up to 6 consecutive KAATSU Cycles and never exceed this number.
- Do not simultaneously use the KAATSU Air Bands on both your arms and legs.
- Do not lift heavy weights or heavy resistance when using the KAATSU Constant mode.
- Do not use the KAATSU Constant mode if you are older than 50, de-conditioned, overweight, tend to faint, or have White Coat Syndrome.
- Do not use the KAATSU Constant mode if you are training at altitude; only use the KAATSU Cycle mode.
- Stop KAATSU immediately if your limbs become clammy, cold, white, or pale. That physiological response may be due to occlusion of your arterial blood flow, use with heavy weights, or use with sustained vigorous activities - especially at high altitudes.
- Do not place the KAATSU Air Bands on your body other than on your upper arms or upper legs.
- Do not do KAATSU if you are pregnant, under medical treatment, have cancer, hypertension, fractures, muscle ruptures, or any acute diseases without the prior approval of your physician.
- Do not do KAATSU if you are undergoing cardiac rehabilitation or have a pacemaker.
- Do not do KAATSU if you have any of the following conditions: atrial fibrillation, acute myocardial infarction, unstable angina, ventricular tachycardia or severe arrhythmia, serious case of cardiac insufficiency (NYHA class IV), serious aortic stenosis, acute pulmonary embolism or lung infarction, acute myocarditis or pericarditis, acute vena cava dissociation, or macular degeneration.
- If you have peripheral vascular disease, Raynaud's disease, heart disease or low blood pressure, it is essential to only use very low (conservative) pressure in the KAATSU Cycle mode.
- People with Raynaud's disease can feel discomfort or even pain if they use high pressures on the KAATSU Air Bands. Because the capillaries are engorged in blood, this impacts the nervous system - which should be avoided for people with Raynaud's disease.
- Do not use if you are under 14 years old. This recommendation is due to a small number of overly ambitious adults who push children too much or too long with KAATSU.
- Do not open the device and attempt to change or repair the device yourself.



# Key Points When Doing KAATSU

- Always remain well hydrated before and during the entire KAATSU session.
- Always start each KAATSU session with the KAATSU Cycle. The KAATSU Cycle include 8 steps of 30 seconds pressure on followed by 5 seconds of no pressure. Each step has sequentially increasing pressure.
- First, start KAATSU on your arms and then do KAATSU on your legs.
- Never simultaneously put on or use the KAATSU Air Bands on your arms and legs.
- Always and frequently check the Capillary Refill Time on the exercising limb is within 3 seconds. Confirm that the color of the limbs remains either pink or beefy red.
- Your veins may become distended (i.e., pop out) during KAATSU.
- You may feel a slight tingling in your fingers or toes during KAATSU. This feeling is acceptable.
- Always immediately stop KAATSU and remove the KAATSU Air Bands if there is any occlusion, numbness, or paleness (i.e., whiteness, grayness, or blueness) in your limbs.
- Always immediately stop KAATSU and remove the KAATSU Air Bands if you experience any lightheadedness. Lie down with your legs elevated if necessary.
- If undergoing rehabilitation from an injury or surgery, never push your joints or your limbs to or pass the point of pain. Do not exceed 15 minutes of KAATSU on your arms or legs.
- Keep your rest short between your sets and between exercises. Rest 20 seconds maximum between sets or 60 seconds maximum between exercises. This can be modified as necessary.
- Select exercises, movements or loads that allow slow and steady performance of a good number of repetitions (e.g., 30-40 in first set, 20-30 in the second set, >15 in the third set).
- Do 3-4 sets of each exercise and then continue with a different exercise. If only one limb is being exercised at a time, first do 3-4 sets on that limb and then proceed with 3-4 sets on the other limb.
- Reach maximum effort (or go to muscular or technical failure) within each set if you want to build muscular strength or increase muscle tone or size.
- KAATSU should be implemented with the understanding of your physician or physical therapist. KAATSU can be incorporated with your physical therapy routine.
- KAATSU can be performed with most kinds of exercise equipment.
- Conduct movements slowly, steadily and with good range of motion unless you are performing a specific athletic movement (e.g., swinging a golf club, swinging a bat, throwing a ball, cycling, swimming, practicing race starts or jumps). In these cases of athletic movements, move at the speed in which you want to perform.
- Try to reach muscular failure or technical failure during each set of each exercise.
- The dual combination of Base SKU pressure and Optimal SKU pressure is a critical element of KAATSU. The Base SKU pressure is the manual tightening of your KAATSU Air Bands. The Optimal SKU is the inflated pressure of your inflated KAATSU Air Bands. If the Base SKU is low,



## WAIT AT LEAST 72 HOURS AFTER A SURGERY TO START KAATSU WITH THE APPROVAL OF YOUR PHYSICIAN.

the Optimal SKU will be higher. Conversely, if the Base SKU is high, the Optimal SKU will be lower. The Base SKU (i.e., manually tightened KAATSU Air Bands) in combination with Optimal SKU (i.e., inflated KAATSU Air Bands) is critically important to set the pressures necessary to achieve maximum benefits from KAATSU.

- KAATSU Air Band placement is critically important. The KAATSU Air Bands can only be used in two locations: above your biceps and triceps, but below your deltoids near your armpit on your arms, and above your quadriceps and hamstrings near your groin on your legs.
- Muscle contraction in your limbs temporarily squeezes venous blood past the KAATSU Air Band on your limbs.
- KAATSU is the original BFR (blood flow restriction), but KAATSU is not Occlusion Training or Tourniquet Training.
- Occlusion Training or Tourniquet Training is a type of training where blood is reduced or restricted going from your torso to your limbs. This is not KAATSU. The term “occlusion” implies that the blood flow is restricted or stopped from going from your torso to your limbs.
- In contrast, the interaction of the blood flow both in and out of your limbs during the KAATSU Cycle and KAATSU Constant modes is vitally important to realize the benefits, safety, and efficacy of KAATSU.
- KAATSU is a means to safely moderate blood circulation both

in and out of your limbs. KAATSU slows the venous outflow that leads to backing up and engorging your limbs in blood. This is why the KAATSU Cycle is important; the vascular system must be warmed up first before starting KAATSU Constant.

- If you want to build strength or improve muscular size and tone, do sets of each KAATSU to either muscular or technical failure. If the Optimal SKU is set correctly, the duration (or repetitions) of each set will be reduced. That is, if set #1 is 1 minute in duration (or 30-40 repetitions), then rest for a maximum of 20 seconds and continue with set #2. You should reach your muscular or technical failure before 1 minute or 30-40 repetitions in Set #2. Rest should be no more than 20 seconds before set #3 begins. In set #3, you should reach your muscular or technical failure in a shorter time duration or fewer repetitions in Set #2.
- The veins in your limbs may become distended (i.e., pop out) during the KAATSU Constant mode.
- You may feel a slight tingling in your fingers or toes during the KAATSU Constant mode. This is acceptable, but KAATSU should be immediately stopped if there is any occlusion, lightheadedness, or numbness or whiteness in your limbs.
- KAATSU should be implemented with the understanding of your physician.
- Wait at least 72 hours after a surgery to start KAATSU with the approval of your physician.

## Conservatively Start KAATSU

- Always start slowly and conservatively with KAATSU, especially if you have any adverse medical or physiological conditions, are older than 50 years old, or are sedentary or de-conditioned.
- In order to build up to 5-6 KAATSU Cycles in one session, adhere to the following protocols especially if you have any adverse medical or physiological conditions, are older than 50 years old, or are sedentary or de-conditioned.
  - Do only 1 KAATSU Cycle in your 1st session in the first week.
  - You can do 2 KAATSU Cycles in your 2nd session in the second week.
  - You can do 3 KAATSU Cycles in your 3rd session in the third week.
  - You can do 4 KAATSU Cycles in your 4th session in the fourth week.
  - You can do 5 KAATSU Cycles in your 5th session in the fifth week.
  - You can do 6 KAATSU Cycles in your 6th session in the sixth week.

## Seek Medical Advice Before Starting KAATSU

- It is important to seek advice from your physician before starting KAATSU.
- Do not do KAATSU if you are under 14 years old, under 18 years old without adult supervision, pregnant, under medical treatment, have cancer, hypertension, fractures, muscle ruptures, undergoing cardiac rehabilitation, have a pacemaker, heart disease, atrial fibrillation, acute myocardial infarction, unstable angina, ventricular tachycardia or severe arrhythmia, serious case of cardiac insufficiency (NYHA class IV), serious aortic stenosis, acute pulmonary embolism or lung infarction, acute myocarditis or pericarditis, acute vena cava dissociation, macular degeneration, or any acute diseases without the prior approval of your physician.
- If you have peripheral vascular disease, Raynaud's disease, multiple sclerosis or low blood pressure, it is essential to only use very low (conservative) pressure in the KAATSU Cycle mode.
- People with Raynaud's disease or multiple sclerosis can feel discomfort or even pain if they use high pressures on the KAATSU Air Bands.
- 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 CYCLE 2.0

## BENEFITS

Train bilaterally and unletharged from the unit.

Tone muscle without weights, lessening the risk of injury to joints and muscles.

Improve speed, stamina, and strength.

Accelerate training when time is of the essence.

Increase range of motion and promote improved circulation.

Exercise, recover, and rehabilitate anytime, anywhere.



## 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



# NAVY SEAL JOHN DOOLITTLE

## TALKS ON THE KILL THE QUIT PODCAST



**J**ohn Doolittle [shown on the far right in the photo on the right] was a NCAA Division I competitive swimmer (breaststroker) coached by an Olympic gold medalist, a United States Air Force Academy graduate, and a

Navy SEAL with a 25-year military career who swam across the English Channel to raise money for the Navy SEAL Foundation and fallen SEAL Neil Roberts.

Doolittle humbly and openly talks about his

experiences, challenges and obstacles with Kill Cliff podcast host [Mark Zinno](#) on this episode of the [Kill The Quit podcast](#).

Listen to Doolittle's 54-minute [Kill The Quit](#) podcast with Zinno [here](#).



# GREEN BERET JOE LOWREY AND NAVY SEAL JOHN DOOLITTLE ON NATIONAL DEFENSE RADIO WITH RANDY MILLER



For who? Baby Boomers, retirees, military veterans, competitive athletes

For what? rehabilitation, quality sleep, insomnia, jet lag, recovery

Last week, [Randy Miller](#) of [National Defense Radio](#) interviewed Green Beret and Purple Heart recipient Joe Lowrey and Navy SEAL and Air Force Academy graduate John Doolittle on the National Defense Show.

Joe Lowrey was an ice hockey goalie who graduated from Long Beach Wilson High School in Southern California. An extraordinarily fit and driven individual, Lowrey enlisted in the U.S. Army as an infantryman during his senior year in high school as his immediate response to the 9-11 attacks.

Lowrey attended basic training at Fort Benning, Georgia and spent six years serving in various locations until he became a Staff Sergeant and qualified for the Special Forces assessment and selection process. He completed Basic Airborne Training at Fort Benning and Special Forces training at Fort Bragg, North Carolina where he earned his green beret and was assigned to the 7th Special Forces Group.

Lowrey was deployed twice to Colombia and Afghanistan where he was wounded by a PKM machine gun round during



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Doolittle served in the Navy after graduating from the Air Force Academy and culminated his career as a decorated captain in the Navy SEALs with numerous overseas deployments and 13 orthopedic surgeries during this 25-year career.

an intense firefight against Taliban insurgents on July 7th 2014. A bullet pierced his Kevlar helmet, entered his skull and exited his brain on the other side. His fellow Green Berets rescued him from the firefight and were told that Joe would not live long as part of his brain was removed.

Lowrey remained in a coma for a month and then began his recovery initially at Walter Reed Hospital, and then at the Palo Alto Polytrauma Rehabilitation Unit, California Casa Colina, and Centre For Neuro Skills in California. Ultimately, he was medically retired from active duty, but his injuries left him without movement on the left side of his body and limited movement on his right side.

This Purple Heart recipient and retired U.S. Army Green Beret Sergeant 1st Class

joined Navy SEAL captain John Doolittle on the radio show. In the first photo shown on the left, Doolittle is positioned on the far left without a helmet.

In the second photo shown on the left, Doolittle is with his graduating Navy SEALs class standing on far right in first row.

The third photo is an x-ray of his spine that has been badly injured after 13 orthopedic surgeries over his 25-year military career.

Doolittle served in the Navy after graduating from the Air Force Academy and culminated his career as a decorated captain in the Navy SEALs with numerous overseas deployments and 13 orthopedic surgeries during this 25-year career.



Both Doolittle and Lowrey use the KAATSU C3 to improve their blood circulation and improve muscle tone. Lowrey religiously does two KAATSU sessions per day, every day: a KAATSU Walking session in the morning and a KAATSU Nighttime Protocol in the evening before bed.

Doolittle and Lowrey both use the KAATSU C3, the third generation KAATSU Cycle device. KAATSU is the Original BFR (Blood Flow Restriction).

Invented in Japan, with products engineered and designed in Southern California, KAATSU Global is the pioneer in the emerging BFR market. The carefully controlled, easy-to-use pneumatic KAATSU bands automatically and safely optimizes blood circulation for muscle tone, strength, mobility, rehabilitation, and recovery.

Smaller KAATSU devices (e.g., KAATSU Master 2.0, KAATSU Cycle 2.0, KAATSU C3, KAATSU B1, KAATSU AI) included a handheld automated compressor and universal pneumatic, stretchable bands which are placed around the arms or legs.

The KAATSU Air Bands inflate and deflate in a patented sequence based on algorithms that are optimal for each user, no matter their age or physical abilities.

KAATSU protocols are convenient, easy-to-do, and time-effective. KAATSU equipment 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.

For more information, visit [www.kaatsu.com](http://www.kaatsu.com) to learn how KAATSU differs from B Strong, Delfi Portable Tourniquet System for Blood Flow Restriction, Smart Cuffs, and other BFR brands and low-cost occlusion bands.



The primary differences between KAATSU and other BFR bands and equipment include the following:

- KAATSU utilizes the patented Cycle function
- different pressures can be simultaneously used on different limbs
- KAATSU equipment and protocols were proven safe and effective after a decade of clinical use and research on over 7,000 cardiac rehab patients at the University of Tokyo Hospital (2004 - 2014)
- KAATSU is used by cardiologists, orthopedic surgeons, podiatrists, and physicians in various specialties
- KAATSU Air Bands do not occlude arterial flow
- KAATSU is meant to be gentle and convenient in order to do anywhere anytime
- KAATSU is sold worldwide to people up to the age of 104
- more research has been conducted in more countries on KAATSU than any other BFR device
- the seminal, groundbreaking research on BFR was conducted and published by KAATSU inventor Dr. Yoshiaki Sato in the 1990s
- KAATSU Air Bands are waterproof and the KAATSU C3 is ruggedized for military applications



# KAATSUfit APP

## LEARN MORE, DO MORE, EXPERIENCE MORE

For who? Baby Boomers, retirees, competitive athletes

For what? Strength, stamina, functional movement, mobility, flexibility, recovery

**P**EAR Sports and KAATSU Global partnered to develop KAATSUfit, the first smartphone app for KAATSU the Original BFR.

Developed by PEAR, the new app provides short videos that explain KAATSU and demonstrate effective multi-function movements and exercises for users of all ages and abilities.

PEAR Sports, the leader in smart digital coaching technology, will continue

to develop instructional content for KAATSU users that is of interest to those undergoing physical therapy in the clinic or at home. The same is true for those who are uninjured, healthy and are on the go. KAATSUfit is available for download on both iOS and Android from their respective app stores.

Steven Munatones of KAATSU Global, explains, "PEAR has created a best-in-class coaching app to make KAATSU's patented products more understandable



We are thrilled to continue work with the KAATSU team to develop future innovative digital solutions, including AI guided programming that will direct users to the personalized content they specifically need. We're also looking to jointly develop new content and add even more use cases, especially for chronic care conditions.

*for everyone seeking improvements in their fitness and performance as well as those who wish to reduce the time to recover from injuries.*

*The app will make it more convenient and easier to effectively use KAATSU products and to incorporate the unique benefits of the KAATSU Cycle and KAATSU Constant modes.*

*Over the course of many years, we have worked with Olympic and professional athletes, paraplegics, and the U.S. military - all have benefited from the original BFR system. Now anyone can easily understand what to do with KAATSUfit."*

KAATSUfit focuses on getting users properly set up and safely and effectively using KAATSU equipment like the KAATSU C3 and KAATSU Cycle 2.0. The app includes demonstrations and exercises featuring Cory Keirn, Doctor of Physical Therapy and a former trainer with Major League Baseball, and Tina Newman, a KAATSU Ambassador and aesthetician, who used the program to reduce the pain of arthritis, tighten loose skin, and become exceptionally fit at 56 years of age. The demonstrations incorporate a variety of fitness equipment, like TRX® straps. The modalities range from easy to difficult, including movements for those with limited mobility and strength, to exercises used by Olympic, professional and tactical athletes.

Newman explained what has happened to her, "Simply said, KAATSU has healed and helped my body. The ways in which its healed by forearms, wrists, and hands

*has truly been miraculous and life-changing. At 56, I'm able to continue waxing and doing facial treatments with ease, comfort, and no pain. I used to lay in bed at night with throbbing forearms asking my husband Tim to please rub with strong pressure for any kind of relief.*

*Separately from the pain relief, there has been the increased in muscular strength and tone as well as enjoying my skin tightening all over my body. This was most surprising to me, especially being an aesthetician in the skin care business for over 30 years. I experienced weight loss after losing my father and husband - a good 15-20 pounds. In our 50's, it is very difficult to firm and tighten our skin back up due to the lack of collagen, and lack of female hormones.*

*Lastly, but still so very important to me, is the emotional experience of calmness that has from all the anxiety that I suffered from while Tim was dying and after he passed. I was diagnosed with PTSD and it was terrible. KAATSU has calmed my racing heart and brain and I believe has helped my sleep patterns as well."*

Wayne Dartnall, President of PEAR Sports, added, "We are thrilled to continue work with the KAATSU team to develop future innovative digital solutions, including AI guided programming that will direct users to the personalized content they specifically need. We're also looking to jointly develop new content and add even more use cases, especially for chronic care conditions."



# KAATSU RECOMMENDATIONS FOR AN OLYMPIC ATHLETE

For who? Competitive (collegiate, professional, Olympic) athletes

For what? rehabilitation, quality sleep, recovery, jet lag

**K**AATSU Global often provides customized guidance to people, biohackers, and athletes of all ages, abilities, and backgrounds. But what if an individual is an extraordinary athlete of uncommon abilities?

Ryan Lochte is one such individual. A 12-time Olympic medalist, multiple world record holder, 7-time NCAA champion, and history's most competitive rival to the Olympic's most decorated athlete (Michael Phelps), Lochte is renowned for his conditioning workouts in the water and strength training on dryland.

At the age of 36, his body needs more recovery than ever before if he will make his fifth consecutive United States Olympic team. The lactate build-up that he creates in the water and in the gym is off the charts. His strength coach and his

swim coach push him like they can with few others. As Sports Illustrated Magazine reported, "*Lochte's legendary tolerance for physical pain has reached its limit.*"

Given his innate physiology and inner drive, Chris Morgan would recommend the following:

1. Use the KAATSU C3 device with KAATSU Air Bands for his arms and legs.
2. Do at least 3 KAATSU sessions per day, spaced appropriately:
  - in the morning between the time he wakes up and the time he leaves for morning practice
  - after his morning swim workouts or dryland workouts
  - within 60 minutes of his planned bedtime.
3. Each KAATSU session should begin with his arms and then end with his legs.
4. Each KAATSU session

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*With the repeated KAATSU Cycles, the vascular tissue of his arms and legs will become more elastic. This will enable Ryan to experience the most effective and efficient metabolic flush that he would ever feel.*



should incorporate at least 3 KAATSU Cycle sets on his arms and legs, but ideally up to 6 sets if he has time.

5. Each KAATSU Cycle should be progressive, starting at the lowest settings and moving gradually to the higher pressure settings.

*"The advice is proven and is remarkably simple,"* explains Morgan, a 2008 Olympic swim coach whose team of accomplished high school swimmers uses KAATSU daily. *"Ryan needs to augment his recovery regimen as much as he is focused on his work output, whether it is in the pool and gym. With the repeated KAATSU Cycles, the vascular tissue of his arms and legs will become more elastic. This will enable Ryan to experience the most effective and efficient metabolic flush that he would ever feel.*

*That allow will not only make him feel psychologically better and recover faster, but it will also help him maintain his speed in the second half of his races - which Olympic positions and*

“

*Olympic medals are really on the line. If he wants to become the oldest male swimmer in U.S. history, he needs every advantage possible and leave no stone unturned.*

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*Like renowned swim coach and Olympic medalist Sergio Lopez of Virginia Tech experienced with his own son, Ryan can experience another gear that he may not know he innately has."*





# LAURA WILKINSON

## FLYING GRACEFULLY THROUGH THE AIR

For who? Baby Boomers, retirees, military veterans, competitive athletes

For what? rehabilitation, recovery, muscle tone



One of the most remarkable athletes around the world who utilizes KAATSU is Laura Wilkinson. Her comebacks are legendary in the global diving community. The Olympic gold medalist diver from Houston, Texas is a 43-year-old mother of four young children.

Her tenacity, passion and dedication have continued throughout her life. Early on during her teenage years, Wilkinson was told that she was too old to start a new sport and was later kicked off her high school team because they thought she was a “waste of space”. She had major surgery on her neck in 2020 to repair damage to discs injured by her diving career - but her Olympic dreams continue.

Remarkably, Wilkinson remains at the top of her game and as strong and sharp as ever despite her injuries and most recent surgery [see above doing a 10-meter platform dive]. Wilkinson is the first woman to win the three major diving world titles. While the Houston native and motivational



speaker initially retired in 2008, she returned to competition in 2017 and is currently training for a fourth Olympic Games at The Woodlands Diving Academy in Texas.

*"Within two days of starting KAATSU I noticed relief from a lingering tricep injury that was impacting my ability to dive at my full potential. What started as a tool to aid in recovery has grown into a way to help build strength and endurance. KAATSU has made me feel strong again diving off the 10-meter platform,"* she explained.

The velocity in which she hits the water is tremendous - and her arms take the shock upon entry. At the age of 43 and doing repeated dives during competitions, the stress on her arms and upper body is off the charts - even for her competitors who are less than half her age. But, by doing KAATSU Cycles before and during the competition, she remains a strong contender - and a reminder that Olympic swimmer Dara Torres also found her way onto the Olympic podium at the age of 41 in her fifth Olympics.

Wilkinson's movements and therapy are primarily done while using the Progressive KAATSU Cycle mode -

always starting off with lower pressures and building up to higher pressures. Fundamentally, her movements are simple and include the KAATSU 3-Point Exercises as well as stretching. Additionally, she also uses her KAATSU Air Bands while doing activities at home while she is with her children and husband Eriek Hulseman.

To learn more information about Wilkinson's deep-seated drive and belief in herself and her dreams, visit [www.laurawilkinson.com](http://www.laurawilkinson.com).



# KAATSU WHILE QUARANTINED IN A HOTEL ROOM



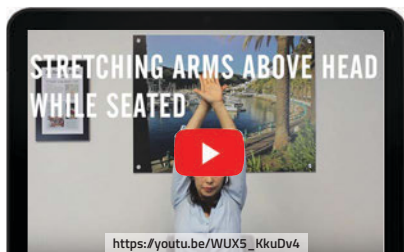
For who? Road warriors, competitive athletes, executives, travelers, individuals on quarantine

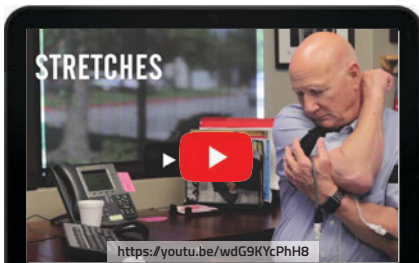
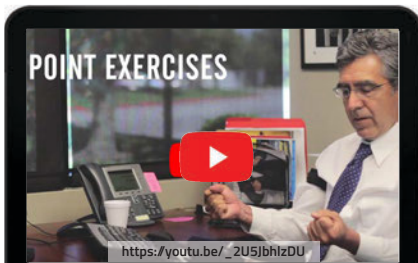
For what? Travel, jet lag, insomnia, stress relief

**K**AATSU users of the KAATSU Cycle 2.0 or KAATSU C3 are really, really fortunate, especially during the COVID-19 pandemic. If you find yourself stuck in a quarantine in a hotel or at a home due to local regulations or cross-border travel, the KAATSU the Original BFR is extremely useful to stay sane, stay relaxed, and/or work on your strength, stamina, speed and fine motor skills while in a hotel room or other location.

KAATSU users around the world have stayed pumped with KAATSU equipment while using everything from TRX straps hooked to their hotel door to water bottles substituting for dumbbells. You can also do burpees, slow negative

squats, isometric exercises, the classic KAATSU 3-Point Exercises [shown below], stretch, do shoulder rolls frontwards and backwards, and/or use resistance bands tied to a doorknob while you have your KAATSU Air Bands on your arms (utilizing the Progressive KAATSU Cycle mode) or while you have your KAATSU Air Bands on your legs while doing core work.





Both the KAATSU Cycle 2.0 and newer KAATSU C3 are compact (handheld), lightweight, and can be used anywhere anytime by anyone doing anything. The standard KAATSU 3-Point Exercises on your arms or legs [shown above] are tremendously beneficial and provide a great stress relief while on quarantine.

In times of stress, especially while being forced to limit (or avoid) outdoor activities, simple leg and easy-to-do core exercises with KAATSU equipment are also a great way to stay fit, stay sane, and not gain weight.

KAATSU Walking (or KAATSU Pacing in a hotel room) can provide the same effect as significantly longer (in duration and distance) runs, jogs and walks. Simply put the KAATSU Air Bands on your legs and walk back and forth while stuck in your hotel room [see photo on left].

Advanced KAATSU 3-Point Exercises for the legs (i.e., Standing Heel Raises, Leg Curls, and Quarter Squats) are a great finisher to KAATSU Pacing.

The KAATSU Air Bands on your upper legs will result in healthful systemic effects that are felt and seen throughout your body, including your core and upper body.

But if you want to focus on your core, you do not have to do planks, crunches and other forms of abdominal work - although you can. Instead, you can do a number of simple KAATSU exercises to strengthen your lower back and tighten your core.

In fact, core and lower back exercises can comprise of your entire KAATSU training session for the day. Alternatively, core and lower back exercises can be an addition to your typical KAATSU sessions.

### Core & Lower Back #1 Exercise

1. Manually tighten your KAATSU Air Bands on your legs at your appropriate pressure.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Stand on one foot, balancing only on your other leg for as long as possible.
4. When your balance is lost, rest for 10-20 seconds and repeat two more times.
5. After 3 times, balance on your other foot.
6. This act of balancing will create instability in your core and will help strengthen your stomach and lower back.

### Core & Lower Back #2 Exercise

1. Manually tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Place a book on your head and walk slowly until the book falls off.
4. Rest 10-20 seconds and repeat the walk again two more times with the book on your head.
5. Walking straight slowly, especially on an uneven surface like a sandy beach, will create instability in your core and will help strengthen your stomach and lower back.

### **Core & Lower Back #3 Exercise**

1. Manually tighten your KAATSU Air Bands on your legs at your appropriate SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Stand on one foot while holding a water bottle in each hand.
4. Hold the water bottle in your outstretched arms and stand as long as possible on one leg.
5. When your balance is lost, rest 10-20 seconds and repeat two more times.
6. After 3 times, balance on your other foot.
7. In order to make this exercise more difficult, move your outstretched arms left and right, and up and down in an asymmetric manner while balancing on one foot.

### **Core & Lower Back #4 Exercise**

1. Manually tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Do planks as usual.
4. Alternatively, tighten the KAATSU Air Bands on your arms at your Optimal SKU and do planks as normal.

### **Core & Lower Back #5 Exercise**

1. Tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Lie on your back and slowly bring one leg one up to your stomach and hold. Grab your knee with your arms to stretch your back.
4. Repeat as desired.
5. Continue to lie on your back and slowly pull both your legs up to your stomach and hold. Grab your knees with your arms to stretch your back.
6. Repeat as desired.

### **Core & Lower Back #6 Exercise**

1. Tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Lie on your back and slowly lift your hips off the floor and hold. Bring your hips to the ground and repeat as desired.

### **Core & Lower Back #7 Exercise**

1. Tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Lie on your back and slowly lift both your feet off the ground and hold. Repeat as desired.
4. Lie on your back, lift both your feet off the ground, and kick your feet slightly off the ground. Repeat as desired.

### **Core & Lower Back #8 Exercise**

1. Tighten your KAATSU Air Bands on your legs at your appropriate Base SKU.
2. Repeatedly inflate your KAATSU Air Bands while utilizing the KAATSU Cycle mode.
3. Lie on your back and slowly pandiculate (i.e., stretch and stiffen your trunk and limbs, extending your toes, feet, arms and hands as you do upon waking).
4. Repeat as desired.

### **Core & Lower Back #9 Exercise**

1. KAATSU Aqua Sit-ups are used by competitive aquatic athletes with a Bosu Ball in a pool.
2. Start horizontal in the water while grabbing onto a Bosu Ball; then climb on top of the Bosu Ball. Do 3 sets to failure.



**KAATSU Master Specialist Cory Keirn DPT explains how and where KAATSU can be used...anywhere anytime, including in your car while waiting for your children. You can do the same while quarantined in your hotel room or other location:**



You can use KAATSU for exercise or rehabilitation while...

- typing an email in the hotel room
- waiting while meals are delivered to your room
- sitting and waiting and waiting
- watching TV or movies
- doing homework or reading a book
- stretching
- packing your bags before heading out to the sunshine

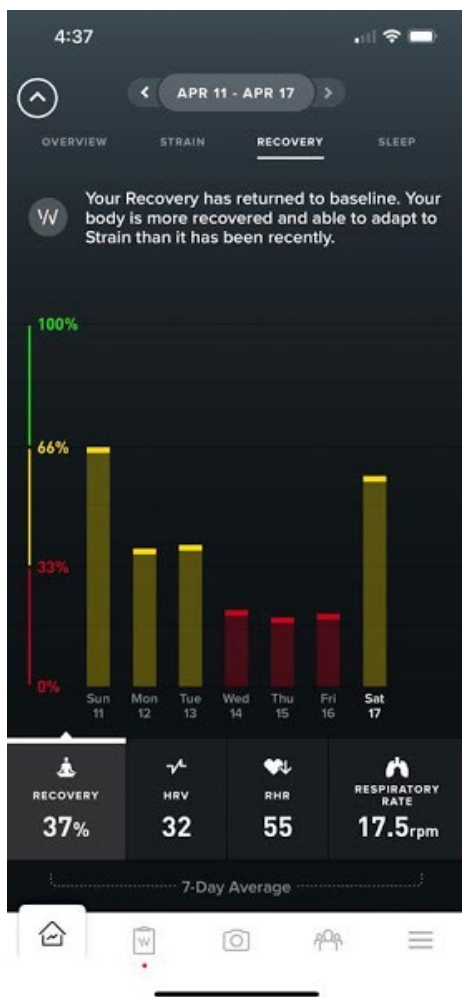


Once you understand that exercise and rehabilitation can be done anywhere anytime, your efficiency and effectiveness in getting things done goes way up. And exercise is transformed to simple movement - that you constantly do during the course of your day - with KAATSU equipment.

# IMPROVING SLEEP QUALITY WITH THE KAATSU CYCLE

For who? Baby Boomers, retirees, student-athletes, competitive athletes

For what? quality sleep, insomnia, jet lag, recovery



[Antonio Argüelles](#) is a two-time [Guinness World Record](#) holder and the oldest man to achieve the Oceans Seven.

[Oceans Seven](#) is the swimming world's equivalent of the [Seven Summits](#) or the solo crossing of seven major iconic channels around the world: [English Channel](#) between England and France, Spain and Morocco, [North Channel](#) between Scotland and Northern Ireland, [Molokai Channel](#) between Molokai and Oahu in Hawaii, [Catalina Channel](#) between Catalina Island and Los Angeles in California, [Cook Strait](#) between North Island and South Island in New Zealand, and [Tsugaru Channel](#) between Hokkaido and Honshu in Japan.

Argüelles, a 62-year-old entrepreneur, author and speaker from Mexico City, not only uses KAATSU Cycles to help him recover from his intense and lengthy workouts, but also to enhance his sleep. He explains his data generated by his [WHOOP](#) device. *"Over the last four days, I have slept almost the same amount of time between 4.5 hours and 5 hours. But I lent my KAATSU [to a friend] for three days - that correlate to the red above, but I received my KAATSU unit back yesterday. You can see my usual outstanding results in yellow."*

KAATSU users like Argüelles and those who travel frequently use their KAATSU



Over the last four days, I have slept almost the same amount of time between 4.5 hours and 5 hours. But I lent my KAATSU [to a friend] for three days - that correlate to the red above, but I received my KAATSU unit back yesterday. You can see my usual outstanding results in yellow.”

equipment with the following standard KAATSU protocols to reduce the effects of jet lag, battle insomnia, and improve their quality of sleep. These are the important points regarding KAATSU use before, during and after airplane travel - or before going to bed in the case of bouts of insomnia:

- Be very well-hydrated before doing KAATSU Cycles in the airplane or before takeoff at the airport or within an hour of going to bed in order to help reduce your jet lag.
- Do KAATSU Cycles in your hotel room (or home) before going to bed on your first few evenings in your new location or on your return back home.
- Always focus on doing KAATSU Cycles, starting in the lowest pressures. You may gradually increase if you wish, but it is not necessary.
- Be conservative with your pressure. The effects will still be evident despite a lower-than-normal pressure.
- There is no need to go to failure with these Sleep Quality protocols; the goal is to become relaxed and get

your parasympathetic nervous system activated.

- Always follow the standard KAATSU safety protocols (e.g., always have Capillary Refill Time faster than 2- 3 seconds with absolutely no occlusion. You should experience absolutely no numbness in your feet or legs, and see a deeper (pinker or redder) skin color than normal in your limbs. You may also see some slight or pronounced vein distention (i.e., your veins pop out slightly).
- Ideally, do your KAATSU Cycles before you board the airplane or before going to bed when you return home.
- Never do the KAATSU Constant mode while flying.
- Use the arm bands for the optimal effect, but you can also subsequently use the leg bands to complete the entire insomnia protocol

### Upper Body Jet Lag or Insomnia Movements:

1. Place the KAATSU Air Bands on your upper arms.
2. Do 2-4 KAATSU Cycles, ideally within 30-60 minutes of boarding the airplane.
3. You can do all or any the following KAATSU exercises while sitting in your seat during flight:
  - Forward Shoulder Rolls
  - Backward Shoulder Rolls
  - Head Rotations

- Tricep Muscle Stretches
  - Deltoid Muscle Stretches
  - Arm Rest Press Downs
  - Isometric Contractions
4. Do 20-30 Forward Shoulder Rolls in a steady motion while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while your KAATSU Air Bands are deflated. Repeat as desired.
  5. Do 20-30 Backward Shoulder Rolls in a steady motion while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while your KAATSU Air Bands are deflated. Repeat as desired.
  6. Slowly roll the head forwards and backwards. Then slowly roll your head to the left and then to the right. Then slowly roll your head in a clockwise direction and then in a counterclockwise direction while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while the KAATSU Air Bands are deflated in the KAATSU Cycle mode.  
Note: Skip this exercise if rolling your head forwards, backwards, left, right, clockwise or counterclockwise causes dizziness.
  7. Stretch your triceps muscles on your left and right arms while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while the KAATSU Air Bands are deflated in the KAATSU Cycle mode.
  8. Stretch your deltoid muscles on left and right shoulders while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while the KAATSU Air Bands are deflated in the KAATSU Cycle mode.
  9. Do isometric exercises like placing both hands on your arm rests and press down for a few seconds while contracting your muscles. Rest and relax, then repeat.
  10. Place the palms of your hands together and push your hands together for a few seconds. Then, rest, relax and repeat.
  11. Grasp the fingers of your hands and pull your hands apart for a few seconds. Then rest, relax and repeat.
  12. Stretch your upper body or torso as you desire and are able.

## Lower Body Jet Lag or Insomnia Movements:

Note: Doing KAATSU on your legs is much easier in a business or first class seat and most difficult - or frankly impossible - while in the middle seat in economy class.

1. Place the KAATSU Air Bands on your upper legs.
2. Do 2-4 KAATSU Cycles, ideally within 30-60 minutes of boarding the airplane.
3. You can do all or any the following KAATSU exercises while sitting in your seat during flight:
  - Heel Raises
  - Leg Extensions
  - Inward Leg Squeezes
  - Outward Leg Squeezes
  - Isometric Contractions
4. Slowly do 10-20 Heel Raises in a steady motion while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while your KAATSU Air Bands are deflated. Repeat as desired.
5. Slowly do 10-15 Leg Extensions in a steady motion while your KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while your KAATSU Air Bands are deflated. Repeat as desired.
6. Place your hands on your inner thighs and slowly push outwards as you push your legs inwards against the force of your hands while the KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while the KAATSU Air Bands are deflated. Repeat the Inward Leg Squeezes as desired.
7. Place your hands on your outer

thighs and slowly push inwards as you push your legs outwards against the force of your hands while the KAATSU Air Bands are inflated in the KAATSU Cycle mode. Breathe deeply. Relax while the KAATSU Air Bands are deflated. Repeat the Outward Leg Squeezes as desired.

8. Repeatedly contract and then relax your upper leg muscles (quadriceps and hamstrings) while the KAATSU Air Bands are inflated in the KAATSU Cycle mode.

A few of these insomnia movements are demonstrated below - that can also be used in the office when you are under stress. These same movements - while



the KAATSU Cycle is running - can be easily and conveniently done in the airport, airport lounge or at your office or home. They work to relieve stress, induce sleep and improve sleep quality, and get some increased blood circulation during the day when you are sitting and being sedentary all day long.

A video player interface showing a man in a light blue shirt sitting at a desk in an office. He is using a KAATSU Air Band on his shoulder. The word "STRETCHES" is overlaid in large white letters. A red play button is in the center, and a URL is at the bottom.

<https://youtu.be/wdG9KYcPhH8>



**While the KAATSU Cycle is running - can be easily and conveniently done in the airport, airport lounge or at your office or home.**



# ROCKING AND RECOVERY WITH ROBERT, HEADING TO THE TOKYO PARALYMPICS



For who? Competitive athletes, swimmers, masters swimmers, runners, rowers

For what? Strength, recovery, functional movement, mobility, flexibility, cool-down

[Robert Griswold](#) is an American Paralympic swimmer and gold medal favorite for the upcoming Tokyo Paralympics. 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.

**D**uring 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.

Note: Griswold, Matt Torres and Jamal Hill are among the American Paralympic athletes who will use KAATSU at the Tokyo Paralympic Games.

“

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.



# B STRONG WITH KAATSU



For who? Students, competitive athletes, Baby Boomers, retirees

For what? Functional movement, strength, muscle tone, mobility, balance

One of the world's most popular actors and highly diversified entrepreneurs, Mark Wahlberg leads a remarkable life. Even his fitness regime is unusual and specialized. Wahlberg explains about BFR training on Instagram, "B Strong training bands restricts the blood flow."

Wahlberg is fit, rich and successful as a producer, business leader and father. He works out intensely between 3:40 - 5:15 am with heavy weights and B Strong training bands that he shows off on his new HBO Max special Wahl Street.

But is everyone that motivated, driven, and focused?

*"I wish I could get up at 2:30 am like Mark and hit it hard all day long," says Steven Munatones. "He is so focused and achieves what he sets his mind to. He is a great actor and is so successful in everything he touches. But for more common people, fathers and mothers across America who do not have staff and have to report to others - not give orders and set their own schedules, there is KAATSU."*

Most people would prefer not to lift heavy weights and be so intense in the weight room on a daily basis. But in a heartbeat, many men would gladly switch their dad bod to Wahlberg's physique.

That is where KAATSU comes into play. If a working middle manager wants to gain some muscle tone with a minimum of effort and a maximum of safety, KAATSU is it. If a middle-age man wants to see a little more definition in their upper body and a little less softness in their torso, KAATSU is the ideal. If people are too exhausted after work - or too sleepy before work - then doing KAATSU at their desk or on their sofa is the answer.

The KAATSU Cycle presents a new paradigm for the overstressed and overly busy employees and for people with hectic, chaotic lives sandwiched between their children and parents. The same goes for people who are recovering from surgery or limited mobility in their limbs.

While Wahlberg pushes himself to the max with heavy weights and B Strong bands, KAATSU, the original BFR and inspiration for B Strong, can be done anywhere anytime by anyone. That is a seismic difference. The choice for individuals from the U.S. military and those going to the Paralympics or Warrior Games, KAATSU is safe and effective, but more importantly, KAATSU is extremely convenient and easy to use.

*"Your legs are stronger than life..."* said New York Mets star outfielder Yoenis Cespedes about his use of KAATSU on an ESPN special. Cespedes explained his condition after a tough KAATSU leg workout with sports broadcaster Jessica Mendoza in an ESPN interview.

Mendoza tried KAATSU with Cespedes and Mike Barwis, an early adopter of KAATSU, at the Barwis Methods Training Center in Port St Lucie, Florida.

Personal trainers, strength and conditioning coaches, and exercise

physiologists believe that optimal muscle building requires lifting of weights or doing resistance exercises. This leads to DOMS (Delayed-onset muscle soreness) that is felt after a hard workout and acute muscle soreness that is felt during or immediately after a workout. Conventional wisdom is that the heavier the weight and/or the more repetitions or time in the gym, the larger and faster muscles will develop.

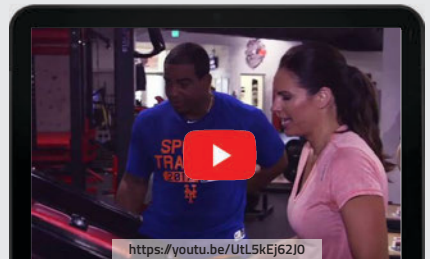
The muscle-building process leads to DMOS where the muscle fibers are damaged while weight lifting, and leads to the secretion of HGH (Human Growth Hormone) that results in muscle recovery, growth and size.

But not everyone has the luxury of time and opportunity to workout like Wahlberg and Cespedes.

In that case, KAATSU is the answer.

The preciseness and specificity, convenience and ease-of-use that are enabled by KAATSU equipment is an unparalleled opportunity for the average non-actor and non-professional athlete.

Performed regularly for less than 20 minutes per day while sitting down or simply walking, incremental increases in performance and in the Quality of Life can make significant changes in the lifestyles of anyone looking for an edge - or a reduction in pain levels due to injuries.





## CONSERVATIVE, GRADUAL, PROGRESSIVE KAATSU CYCLES ARE KEY

For who? Baby Boomers, retirees, military veterans, de-conditioned individuals

For what? muscle tone, stamina, strength, mobility

People who first hear of BFR (Blood Flow Restriction) search on the Internet to learn more. They find a plethora of photos and videos of fit, active handsome young men and attractive women using a variety of modified blood pressure cuffs and occlusion bands, touting muscle growth and a variety of healthful benefits.

While young fit users are often shown on the Internet using weights and doing strenuous exercises and completing intense workouts with these modified blood pressure cuffs, KAATSU equipment and KAATSU protocols are significantly different.

One of the most beneficial and profoundly useful modes with the KAATSU the Original BFR is the KAATSU Cycle application among busy executives, retirees and older individuals.

In fact, KAATSU equipment and protocols were primarily designed and engineered to be used by older individuals and those who may be sedentary and de-conditioned as well as those who are young, fit and active.

For those who are new to KAATSU or who lead sedentary lives or who are older or de-conditioned, the introduction and utilization of KAATSU should be

conservative, gradual, and progressive. Even in the KAATSU Cycle mode (i.e., 30-second bouts of incrementally higher compression followed by 5 seconds of a total decompression), there is a minimal level of compression on the vascular system while the KAATSU Air Bands are on. So, metabolically speaking, the body is under a healthful impact. Ideally, the KAATSU equipment is used once per week during Week One, utilizing only 1-2 KAATSU Cycle sets (about 5-10 minutes maximum using the lowest KAATSU Cycle pressure). The first application with the KAATSU equipment should feel easy and comfortable. That is, there is no need to push oneself and go beyond what your body can handle.

If your body tolerates the initial session, then KAATSU can be used twice per week during Week Two. If your body can handle the two times per week routine, then you can increase to three times per week during Week Three, and four times per week in Week Four, and five times per week in Week Five.

This requires patience and discipline, but the conservative, gradual, and progressive application of KAATSU will pay off large dividends as your vascular elasticity will gradually adapt very well to the healthful stress of KAATSU Cycles.



# RECOVER FASTER REHAB STRONGER PERFORM BETTER

## KAATSU - The Original Blood Flow Restriction Training Device



## 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.

Leading up to the DoD Warrior Games in September 2021, KAATSU will donate a percentage of U.S. sales to assist our wounded, ill, or injured teammates in the US Military utilizing our newest partner, Operation Healing Forces.



# 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

## BENEFITS

- › Tone muscle without weights
- › Convenient: do anywhere, anytime
- › Offers access to KAATSU Performance Database
- › Offers 6 pre-set 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

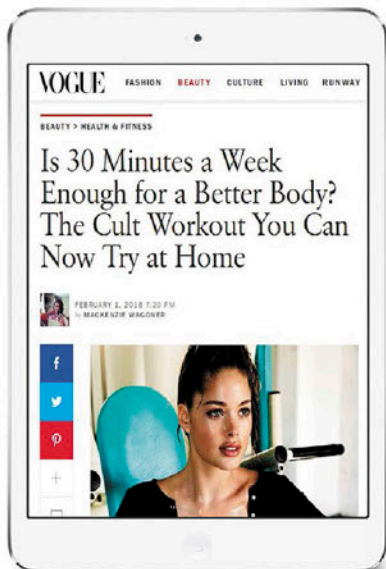
## ABOUT KAATSU

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.*

## 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.*

#### Customer Service:

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

e-mail: [info@kaatsu-usa.com](mailto:info@kaatsu-usa.com)

NEXT-GENERATION

AVAILABLE  
NOW

# 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](http://www.kaatsu-global.com)

AVAILABLE  
NOW

# NEXT-GENERATION KAATSU MASTER 2.0

www.kaatsu-global.com

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

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

## FEATURES

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

## BENEFITS

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

## PACKAGE

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

## DATA MONITORING

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

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

## 2.0 ALSO MEASURES AND ARCHIVES ADDITIONAL INFORMATION INCLUDING:

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

## BAND SIZES

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

## ARMS

Small: 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)

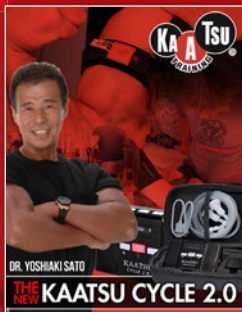
Medium: circumference of upper leg is between 16 - 21 inches (40-53 cm)

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](mailto:info@kaatsu.com)

Learn more about KAATSU, visit: [KAATSU.COM](http://KAATSU.COM)

Get the latest updates here:  
[KAATSUBLOG.COM](http://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.

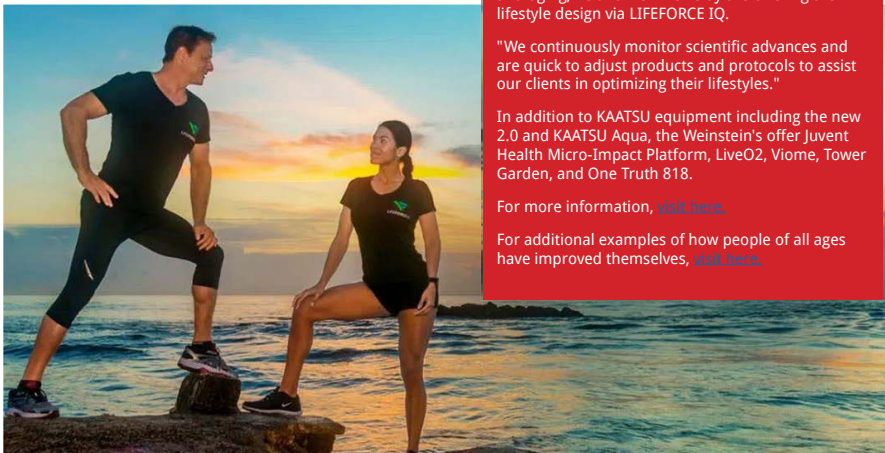
Weinstein was an investment banker for 35 years, specializing in biotechnology and medical companies. With that background and knowledge, combined with his lifelong interest in athletics and anti-aging, he and his wife Leidy are offering their lifestyle design via LIFEFORCE IQ.

"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

