

HAWKGRIPS TEAMS-UP WITH B STRONG



Get stronger,
leaner,
improve performance,
and recover faster!



Evidence-based, proven results



Safety - specifically designed not to occlude arterial blood flow



Multiple sizes to fit multiple body types, color coded for easy identification



Pump 'N Go - tether free to allow unrestricted movement



Comfortable and durable



Benefits include full body systemic response, anti-aging, increased performance, and quick recovery



Reduce overall stress on joints without sacrificing training effectiveness



Available in full sets or individual options to customize your set



Marine grade materials



1 year limited warranty



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AVAILABLE PACKAGES

Created with safety and efficacy in mind, B STRONG powered by HawkGrips is specifically designed NOT TO OCCLUDE blood flow to the limb, making it the safest BFR system of its kind and can be used anytime, anywhere by anyone. No need to be tethered to a machine. With B STRONG you can pump and go, allowing for optimal rehab and exercise conditions.

No longer the secret of high performance athletes, olympians, and physical therapists, B STRONG powered by HawkGrips offers a BFR training system for everyone that is affordable, safe, and easy to use.

PROFESSIONAL PACKAGE



This 8 band Blood Flow Restriction Professional Pack is ideal for PTs, PTAs, OTs, ATCs, strength coaches and others who work with multiple clients.

Contains a range of BFR bands to accommodate limb sizes between 7 - 29 in (18 - 73.5cm).

- 8 BFR Bands (1 pair of each size #1-4)
- 2 Hand Pumps
- 1 Carrying Bag
- 1 Tape Measure
- 1 B STRONG Guidance App License

Sizes included: *Size #1 (7-12.25in/18-31cm), Size #2 (10.25-17.75in/26-45cm), Size #3 (16-24.5in/41-62cm) and Size #4 (21.25-31.25in/54-79cm).*

INDIVIDUAL PACKAGE

4 band Blood Flow Restriction Individual Package ideal for the budget minded clinician looking to get started with BFR and add additional band sizes in the future, for patients who want to continue using BFR in their home exercise programs or simply individual people who want to get fit anywhere. The BFR package is compact, lightweight, and doesn't require any accessories to enjoy the benefits of full body strength training.

Includes:

- 4 BFR Bands (see size options below)
- 1 Hand Pump
- 1 Carrying Case
- 1 B STRONG Guidance App License



Size #1: Fits 7 - 12.25 inches
Size #3: Fits 16 - 24.5 inches



Size #2: Fits 10.25 - 17.75 inches
Size #3: Fits 16 - 24.5 inches



Size #2: Fits 10.25 - 17.75 inches
Size #4: Fits 21.25 - 31.25 inches

MOST COMMON SIZES