



- 1 UPPER BODY:** place below the deltoid, above the biceps muscle, relatively high on the arm with the valve on the front (anterior) surface of the arm. The pull tab and strap should be on the outer surface of the arm.  
**LOWER BODY:** place bands as high on the thigh as possible, while seated. Make sure the valve is on the front (anterior) surface of the thigh. The pull tab and strap should be on the outer surface of the leg.  
**IMPORTANT** – Make sure you get firm initial tension on the limb. Watch the belt placement video on the web-app.
- 2** Inflate the belt to the recommended pressure shown on the chart on the back according to the belt size (color on the pull tab).
- 3** Perform a B Strong BFR training session according the web-app. 3 sets of 3-5 exercises, 30 seconds rest between sets. Go to failure.
- 4** Choose your level of fatigue from the table on the back and adjust your pressures for the next session accordingly. The app will do this automatically for you.

Use your cell phone or tablet camera to scan the QR code to download the app.



## INITIAL PRESSURE

Band Size	Pressure for 1 <sup>st</sup> session
#1 green pull tab	150
#2 red pull tab	200
#3 blue pull tab	250
#4 yellow pull tab	300
#5 gray pull tab	350

## PRESSURE ADJUSTMENT

Degree Fatigue	Pressure for next session
No Fatigue	Increase by 50 mmHg
Mild Fatigue	Increase by 25 mmHg
Optimal Fatigue	No change in Pressure
Severe Fatigue	Decrease by 25 mmHg

### EXAMPLE:

You purchased a **RED** and **YELLOW** belt package. From the Initial Pressure table, pump the **RED** belt to 200 mmHg and the **YELLOW** belt to 300 mmHg on your first session. Following the guidelines for resistance, exercise selection, and protocol on the front side, or the web-app (<http://app.gobstrong.com>), perform your B STRONG session. When finished with the exercises, use the Pressure Adjustment table to rate the degree of fatigue you experienced during the session to modify your pressures for the next session. Videos on the web-app explain definitions in more detail.

If for example, you experienced “Mild Fatigue” in the arms, you should increase the pressure in the **RED** belts by 25 mmHg for the next session from 200 mmHg to 225 mmHg. If your legs experienced “Optimal Fatigue”, i.e. you couldn't finish the last set of reps with good form, you would still use 300 mmHg for the **YELLOW** belts on the next session.