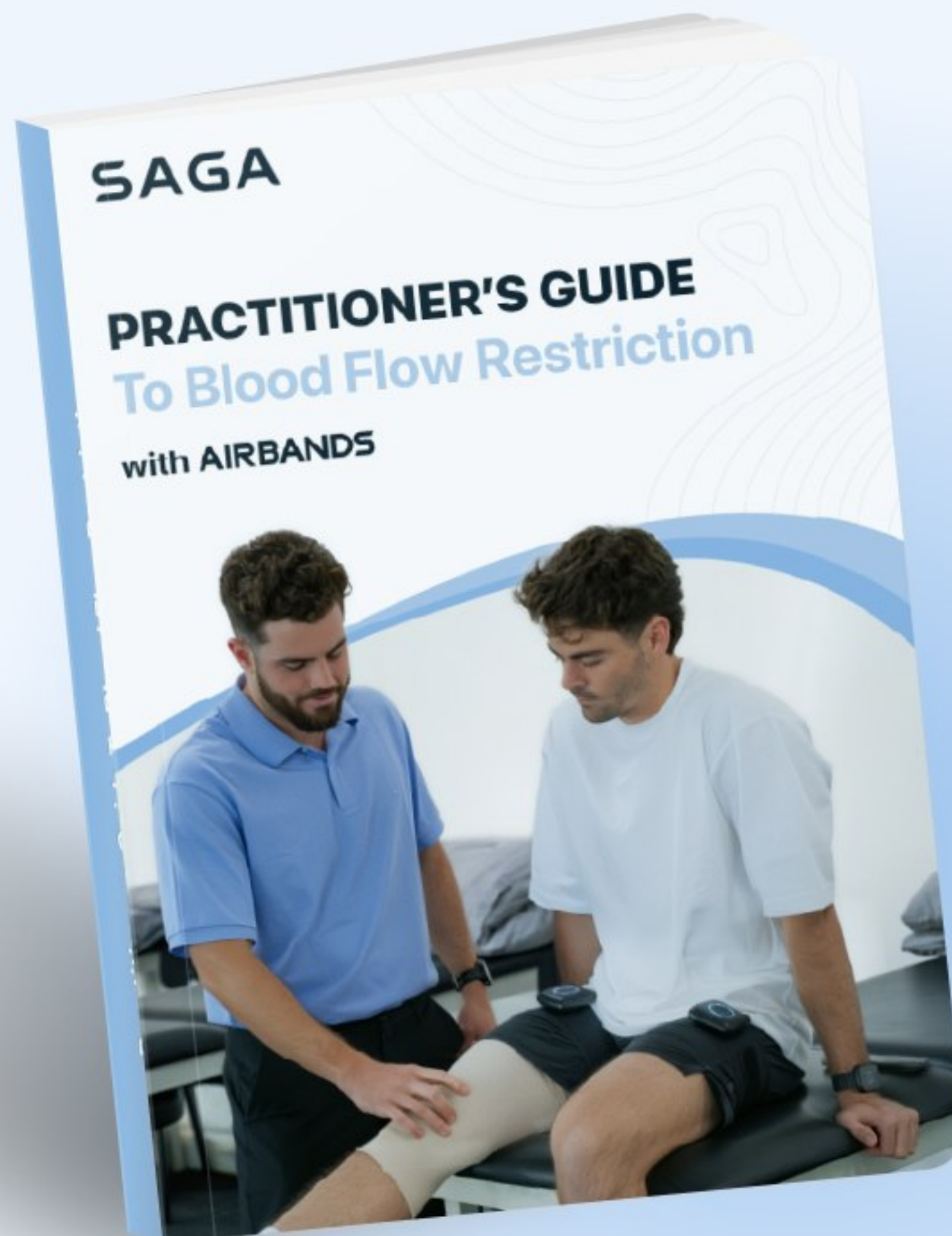


PRACTITIONERS GUIDE

The Practitioner's Guide to Blood Flow Restriction.

Learn how to select pressures, prescribe training and progress BFR with greater confidence.



Practical BFR guidance, all in one resource.

Blood flow restriction is being used across more settings than ever. But effective use depends on more than simply applying a cuff.



This guide helps practitioners understand:

- ✓ How BFR works
- ✓ How to apply it safely
- ✓ How to select pressures
- ✓ How to prescribe it more effectively

Built for practical application, not just theory.

Learn from leading voices in BFR.

Insights from researchers and practitioners working across sport, rehabilitation and performance.



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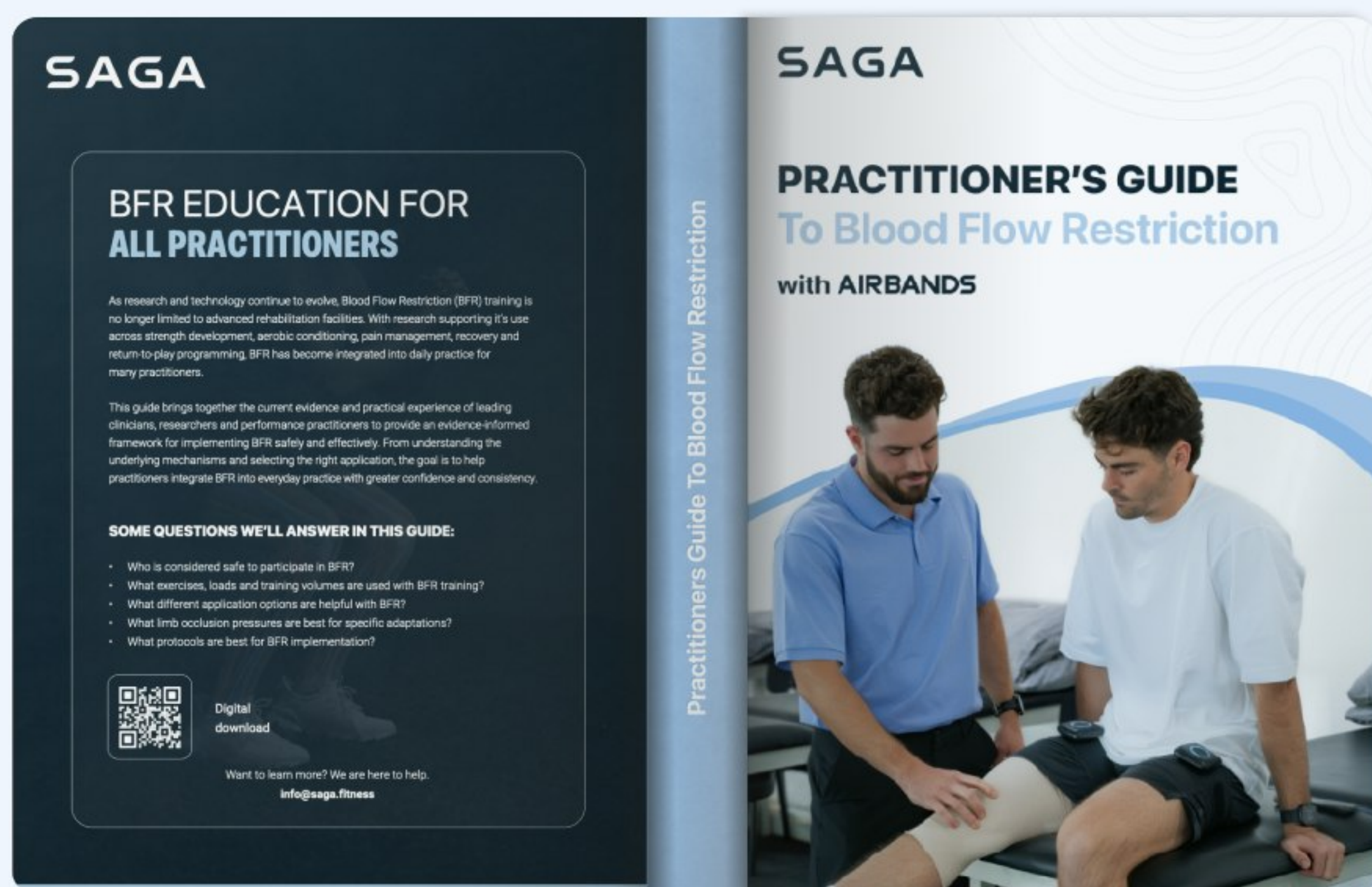


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FREE GUIDE

The Practitioner's Guide to Blood Flow Restriction.



Download your free guide to learn more.