



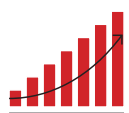
### KAATSU FOR RECOVERY

KAATSU works in recovery by resetting a user's circadian rhythm, and efficiently and effectively removing metabolic waste.



### KAATSU FOR REHABILITATION

KAATSU's noninvasive rehabilitation protocols reduce muscle atrophy and shorten recovery time.



### KAATSU FOR MUSCLE DEVELOPMENT AND TRAINING

KAATSU is unique for muscle training by using low intensity workouts for a short term to restrict blood flow of the proximal portion of the four limbs by using a specially designed air bladder operated band. KAATSU effectively increases muscle strength and muscle mass with only easy non-traumatic workouts and shorter exercise periods to accomplish the same as longer harder workouts.



### KAATSU FOR JET LAG

By engorging the limbs in blood while traveling and using simple movement or isometric exercises for the arms or legs, mTOR signaling pathways are stimulated which helps with cognitive functions. Simultaneously, intermittent local hypoxia in the limbs promotes circadian rhythm alignment.



### KAATSU FOR CHRONIC CONDITIONS

KAATSU is not intended to diagnose, treat, cure, or prevent any disease and should be evaluated by your physician before use. However, there are testimonies and data showing the benefit of KAATSU in a wide range of chronic diseases.



#### FEATURED IN



### WHAT IS KAATSU?

KAATSU is a unique, patented modality that uses automated pressurized air bands to gently modify blood flow to and from the limbs. It is clinically proven to trigger beneficial physiological effects in the body. These effects include:

- › Increased production of Human Growth Hormone (HGH), Nitric Oxide (NO), Insulin-like Growth Factor (IGF-1), Vascular Endothelial Growth Factor (VEGF), BDNF (brain-derived neurotrophic factor), ceramides, plasmalogens, beta endorphins, testosterone, and other biologically active metabolites
- › Increased elasticity of vascular tissue throughout the body

These physiological effects in turn enable KAATSU users to tone muscles, increase strength, improve blood circulation, improve metabolic syndrome, strengthen bones, improve sleep, burn additional calories, reduce pain, improve agility and endurance, and facilitate recovery from injuries and surgeries.

### WHAT IS THE "KAATSU SYSTEM"?

The KAATSU system is a combination of our unique designed Air bands, our evidence-based protocols, and our results-driven KAATSU Cycles and Constant modes

### WHY SHOULD I USE KAATSU?

It creates vascular elasticity and more metabolites as a result of the patented cyclical restriction of blood leading to better health safely and faster with no occlusion of blood flow. Other benefits are:

1. Improved blood circulation
2. Enhanced recovery and rehabilitation
3. Improved athletic performance (stamina, speed, twitch rate, functional strength)
4. Convenient to use anywhere anytime

### WHAT IS THE HISTORY OF KAATSU?

KAATSU is the world's most intelligent automated pressure system for training, health 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 used in over 100 million individual KAATSU sessions in 48 countries around the globe.

### WHAT DOES THE WORD KAATSU MEAN?

"KAATSU" literally means "the addition of pressure."

### IS KAATSU SAFE?

Yes, during a 10-year timeframe, KAATSU was used on over 7,000 cardiac patients in a Tokyo-based cardiac rehabilitation study, with zero abnormal or negative events.

### IS KAATSU EFFECTIVE?

Yes, KAATSU has been well researched in a variety of areas (i.e., recovery, performance, and rehabilitation) and among a wide range of patients from healthy to unhealthy, young to older adults, and Olympians to weekend warriors.

### WHAT RESEARCH HAS BEEN CONDUCTED ON KAATSU?

[https://kaatsu.com/?action=about.science\\_of\\_kaatsu](https://kaatsu.com/?action=about.science_of_kaatsu)

### HOW IS KAATSU DIFFERENT FROM OTHER BFR COMPANIES?

- › Based on evidence-based protocols
- › Include uniquely designed Air Bands
- › Has patented Cycle Mode
- › Does not allow arterial flow occlusion

### **HOW ARE KAATSU AIR BANDS DIFFERENT FROM THE COMPETITIONS?**

KAATSU Air Bands are unique and specifically designed and manufactured to not act as a blood pressure cuff or tourniquet. The KAATSU Air Bands are elastic, stretchable, and monitored by the KAATSU algorithms that were tested and proven safe by cardiologists at the University of Tokyo Hospital among over 7,000 cardiac rehab patients during a 10-year study.

### **IS THE WIDTH OF THE KAATSU AIR BANDS SPECIAL?**

The width of the KAATSU Air Bands is much narrower than blood pressure cuffs and tourniquets. KAATSU Air Bands do not allow arterial flow occlusion. They allow for ease of movement and broader range of motion while walking, running, spinning, cycling, doing calisthenics, physical therapy, aqua therapy, swimming, throwing, kicking, pulling, pushing, or any other athletic or fitness activities.

### **WHAT ARE KAATSU CYCLES?**

KAATSU Cycle Mode is an automated, repeated pressure sequence that allows users to customize both the duration and precise amount of pressure. In this mode, the pneumatic bands apply repeated and progressive periods of compression and decompression on arms or legs. This distinct, patented feature of KAATSU maximizes safety and effectiveness for all users and their goals even during passive use.

### **WHEN DO I USE KAATSU CYCLES?**

KAATSU Cycle Mode can be used during exercise, daily activities, while resting anywhere, anytime.

### **WHEN IS KAATSU CYCLE MODE MOST BENEFICIAL?**

The Cycle Mode is beneficial during warm-ups, recovery from vigorous exercise, rehabilitation of injuries, and for all aspects of athletic performance.

### **WHEN DO I USE KAATSU CONSTANT?**

The KAATSU Constant Mode is typically used for intense workouts, more complex athletic movements, or as a part of a rehabilitation regime including during aqua therapy.

### **WHEN IS KAATSU CONSTANT MODE MOST BENEFICIAL?**

For dynamic exercises, such as swimming.

### **CAN KAATSU BE USED TO TREAT DISEASES?**

No, KAATSU is not approved to treat any diseases. However, testimonies and data are available showing the efficacy and safety of KAATSU when used for a wide range of chronic diseases.

### **WHO SHOULD USE KAATSU?**

KAATSU is ideal for both active and non-active individuals whether able-bodied or disabled. Users of all ages, coaches, trainers, chiropractors, physical therapists, and physicians can use it with their patients and individuals can use KAATSU anytime.