

BFR - Blood Flow Restriction Training Gain More Muscle While Lifting Light Weight



BOOK DETAILS

- Author : Kusha Karvandi CSCS
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BOOK SYNOPSIS

Learn the training method, known as Blood Flow Restriction training, that studies have shown can elicit 15-20% gains in muscle hypertrophy in as little as two weeks without lifting heavy weight. Research also suggests blood flow occlusion training to be just as safe as traditional strength training, since only light weight (~20% of 1 Rep Max) is being used. This is especially useful for women who are opposed to lifting heavy weight, but still want to get lean & tone. Also included in this book is a full BFR workout program.

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