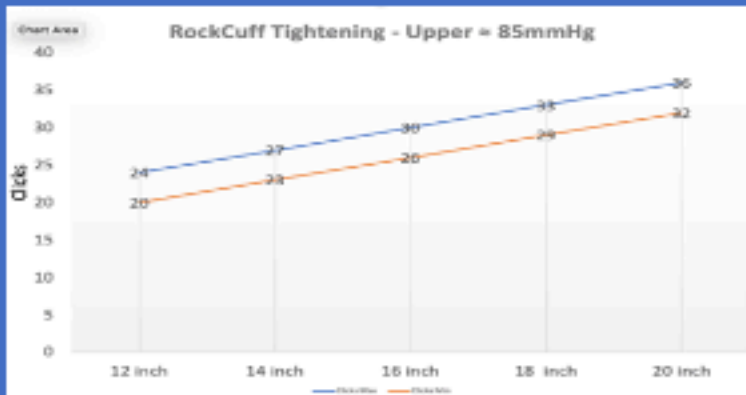


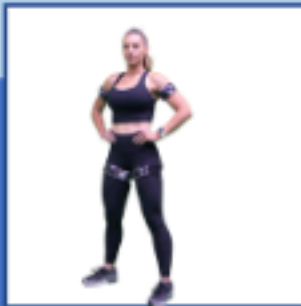
3-MINUTE ASSESSMENT

This assessment tests all three blood flow restriction variables; occlusion, resistance, and duration. **If you experience fatigue at any time prior to the final set, stop and reduce tightness or weight.**



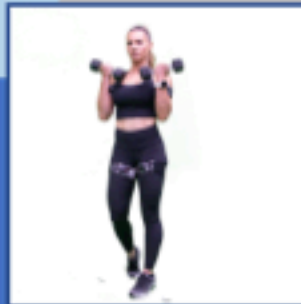
The numbers indicated in inches on the chart reference the circumference of the upper limb measured above the bicep.

The numbers above each measurement represent the number of initial clicks on the dial.



- Install Strap – Use dominant arm above bicep
- Tighten Strap – See chart above
- Select Weight – 2.5 lbs. to 7.5 lbs.

Note: Initial tightening represents 50% Occlusion +/- 5%.



- Set & Reps – 30 -15 -15 -15
- Rest – 30 seconds between sets
- Fatigue – Observe for fatigue

Each "click" of the dial after initial tightening represent 2.5 mmHg.

Personal Calibration:

- Add 2 clicks - Client fatigues prior to the 8th rep in the final set
- Reduce 2 clicks – Client fails to fatigue during final set