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KAATSU is a unique modality that can be performed on land, in the air, and in the water. While KAATSU is most often done on land in gyms, physical therapy clinics, hospitals, chiropractor offices, at home or in the office, KAATSU is also done on airplanes and in the water.

Aqua-therapy, competitive swimming, swimming for triathletes and water polo players can be enhanced with KAATSU Aqua Bands.

These Aqua Bands are the same as the more traditional KAATSU Air Bands with modifications that are appropriate for use in swimming pools and therapy pools.

The biggest difference is that the materials is neoprene and the connector tubes are shorter.

When KAATSU is done in pools, water adds a level of resistance that is very easy on the body and joints.

Whether KAATSU is done while aqua-walking in a therapy pool or by fitness swimmers in a pool or by water polo players shooting, the intensity and effectiveness are immediately felt by the users.

While many KAATSU Aqua users currently tend to be competitive aquatic athletes, an increasing number of users are aging Baby Boomers who swim at a comfortable pace in order to maintain their fitness or by people as old as 82 rehabilitating from various surgeries.

The invention of KAATSU Aqua has completely changed my mindset on what was possible with KAATSU as a rehabilitation and training modality.

There is so much to learn and explore, both from Olympic athletes and injured people over the age of 50. With the goal of sharing KAATSU Aqua protocols and know-how with the rest of the world, the employees and Specialists of KAATSU Global enjoy teaching KAATSU to people of all ages, abilities and backgrounds.

This digital magazine is one means of sharing KAATSU Aqua information and various stories and experiences of KAATSU users with many others in the 32 countries where KAATSU is currently distributed.

Thank you very much for your interest and support.

Steven Munatones
Steven Munatones, CEO & Co-founder
KAATSU Global, Inc.
Huntington Beach, California, U.S.A.
While basic core-strength exercises including planks, crunches, sit-ups, bridges, and abdominal presses can be done on land or in gyms, KAATSU users (especially competitive and fitness swimmers, water polo players, lifeguards and surfers) can also do a variety of core-strength and shoulder exercises in the pool.

Use a Bosu Ball and KAATSU Aqua Bands - either on your arms or legs.

The KAATSU Aqua Bands can be inflated and monitored with the KAATSU Master, KAATSU Nano, and KAATSU Master 2.0 products.

After tightening to your appropriate Base SKU and inflating to your Optimal SKU, and doing a few KAATSU Cycles in order to warm-up, you are ready to go in the pool.

In the exercise shown above, place the KAATSU Aqua Bands on your arms and start in deep water (so you cannot stand on the bottom of the pool). Place your hands on sides of the Bosu Ball and pull yourself up on top of the Bosu Ball, using your arms and legs. Balance on the ball for a short time (3-10 seconds) as you place stress on your core. Slide off the ball back into the water and repeat.

Do this non-stop: (1) pull yourself up on top of the ball, (2) balance on the ball, (3) drop back down into the water, treading water to stay afloat, and (4) repeat until failure - where you cannot do any more repetitions.

Rest 20 seconds between each set. Do 3 sets with the KAATSU Aqua Bands on your arms.

Then do 3 sets to failure in the same manner with the KAATSU Aqua Bands on legs, resting 20 seconds between each set.

It is harder than it looks.

Other core exercises in the water are shown here.
While basic core-strength exercises including planks, crunches, sit-ups, bridges, and abdominal presses can be done on land or in gyms, KAATSU users (especially competitive and fitness swimmers, water polo players, lifeguards and surfers) can also do a variety of core-strength exercises in the pool.

Core exercises in the pool with a Bosu Ball and KAATSU Aqua Bands are fun and enjoyable to do with friends.

KAATSU Aqua Bands are made of neoprene and can be inflated and monitored with the KAATSU Master, KAATSU Nano, and KAATSU Master 2.0 products.

After tightening to your appropriate Base SKU and inflating to your Optimal SKU, and doing a few KAATSU Cycles in order to warm-up, you are ready to go in the pool. There are various exercises that you can do:

1. **KAATSU KICKING**

   Use a Bosu Ball of any size and place KAATSU Aqua Bands on either your upper arms or upper legs (but not both!). Jump on top of the ball and starting kicking forward. It may take a few times to get the hang of it, but once you get the hang on it, KAATSU Kicking can be fun.

   If you want, repeat three times with your arm bands on with at least 20 seconds of rest between each set. Then try three times with your leg bands on. Repeat three times with at least 20 seconds of rest between each try. You can kick freestyle - or even breaststroke or butterfly (dolphin) kick for even more difficult sets.

2. **KAATSU BALANCING**

   Use a Bosu Ball of any size and place KAATSU Aqua Bands on either your upper arms or upper legs (but not both!). Jump on top of the ball and starting balancing without trying to move. It may take a few times to get the hang of it, but once you get the hang on it, KAATSU Aqua Balancing can be fun.

   Repeat three times with your arm bands on with at least 20 seconds of rest between each set. Then try three times with your leg bands on. Balance as you can. Then try extending your arms forward - and then placing your legs over the surface of the water for even more difficult sets.

   You can start in the shallow water by jumping off the bottom of the pool - or try climbing up on the Bosu Ball in deep water for a greater challenge.

3. **KAATSU BACKSTROKE**

   Put on your KAATSU Aqua Bands on your upper legs. Kick on your back holding the Bosu Ball up over the surface of the water. Your hips and legs will sink deep in the water, but try to tighten your core and kick backstroke with your hips and legs as close to the water surface as possible. Kick 3 x 25 meters with at least 20 seconds of rest between each set.

4. **KAATSU AQUA WALKING**

   Put on your KAATSU Aqua Bands on your upper legs. Walk in shallow water of at least 1 meter in depth. The resistance of the water will make you quickly feel the KAATSU effects on your quadriceps and hamstrings. Walk slowly and steadily.

5. **KAATSU LEG LIFTS**

   Put on your KAATSU Aqua Bands on your upper legs. Place your back against the wall of the pool and extend your arms along the pool’s edge. Lift your legs in a variety of movements (see video above and other KAATSU Aqua ideas below). Move slowly and steadily.
Boston-based swimming coach Chris Morgan explains KAATSU Aqua in an interview with Brent Rutemiller of Swimming World Magazine at the 2017 American Swimming Coaches Association World Clinic in Washington D.C.
At the 2017 World Junior Swimming Championships in Indianapolis, Indiana, 17-year-old Michael Andrew had an evening to remember.

At 6:24 pm, he set a world record in the 50-meter backstroke, winning the event in a time of 24.63 seconds.

At 6:40 pm, he entered the water again in the 50-meter butterfly in a semifinal heat and qualified first in 23.27 seconds, setting another world record.

At 7:11 pm, he walked up to the starting blocks in the 50-meter freestyle for his third race in 45 minutes and won the event, setting his third world record in 21.75 seconds.

He followed the KAATSU Cycle protocol between races that allowed him to recover quickly and prepare himself physiologically for his next event.

For more information on his remarkable evening, visit SwimSwam and Swimming World Magazine.
Chris Morgan, a 2008 Olympic swimming coach, teaches and teaches everyone about KAATSU training on dryland and KAATSU Aqua in the water from Olympic swimming medalists and Olympic Trials finalists to masters swimmers (24-75 years), competitive age group swimmers and collegiate swimmers for those aiming for the 2020 Tokyo Olympics to those recovering from injuries.
The KAATSU Aqua Burpees (arms) can include any number of swims and exercises to maximize intensity in the water.

One version is shown above with a 54-year-old swimmer doing the following Burpee:

1st lap = 25 yards of butterfly + pull-ups off the diving board performed to muscular failure
2nd lap = 25 yards of freestyle
3rd lap = 25 yards of butterfly + push-ups on deck performed to muscular failure
4th lap = 25 yards of freestyle

This KAATSU Aqua Arm Burpees set with the pneumatic KAATSU Aqua Bands includes 100 yards of swimming (with hand paddles to increase intensity) + a maximum number of pull-ups and push-ups performed to muscular failure.

3-4 sets of these KAATSU Aqua Arm Burpees with 1-2 minute rest between each set is plenty for a thoroughly exhausting workout for all levels of lifeguards, swimmers, water polo players, triathletes, military special operators, CrossFit athletes, surfers, surf lifesavers and other types of watermen and water women.

The total arm workout time would be between 10-15 minutes total.

KAATSU Aqua Leg Burpees can include a combination of eggbeatering (treading water) with your hands and elbows out of the water + non-lock (partial extension) squats on deck performed to muscular failure + vertical kicking with a medicine ball and kicking with a kickboard to muscular failure.

An example could be: 1st lap = 25 yards of kicking with a kickboard + vertical kicking with a medicine ball to muscular failure
2nd lap = 25 yards of kicking with a kickboard
3rd lap = 25 yards of eggbeater + non-lock squats on deck performed to muscular failure
4th lap = 25 yards of sprint kicking with a kickboard

Kicking can be done with or without fins.

The total leg workout time would be between 10-15 minutes total.
Among his many athletic and coaching achievements, Jonty Skinner will be inducted as a coach in the American Swimming Coaches Association Hall of Fame Class of 2017.

The current Associate Head Coach at the University of Alabama first made his name in the international sports arena as one of the fastest sprinters in the world.

He was one of the gold medal favorites in the 100m freestyle at the 1976 Montreal Olympic Games. However, his home country of South Africa was still banned due to its apartheid, and he was ineligible to compete.

At the 1976 Olympics, his American rival Jim Montgomery won the 100m gold medal en route to becoming the first swimmer in history to break the 50-second barrier in the 100m freestyle with a 49.99. Twenty days later at the American national swimming championships in Philadelphia, Skinner swam a 49.44 to set the world record that would last for the next five years.

Upon his retirement as the world’s fastest sprinter, Skinner has established an even greater legacy, in coaching.

He has become a scientifically-minded, analytically-oriented coach which included an 8-year reign as USA Swimming’s Director of National Team Technical Support covering the 2000 Sydney, 2004 Athens, and 2008 Beijing Olympic Games. In this position, Skinner was charged with organizing all of the testing, monitoring, and analysis of national team swimmers.

He also coached three separate times in Tuscaloosa at the University of Alabama (1978-1981; 1988-1994, 2012-present) in one of the swimming world’s most prestigious swimming programs.

As Skinner is described by Floswimming, “He continues to apply his analytical mind towards using cutting-edge scientific methods on his swimmers. In a sport where races are won and lost by hundredths of seconds, Skinner is always searching for new and creative ways to get his swimmers to move faster through the water.”

Watch his use of KAATSU here, produced by Floswimming.
Depending if you are a competitive swimmer (healthy or injured), a masters swimmer (healthy or injured) or a water polo player or a land-based athlete interested in working out in the pool, there are a number of kicking sets you can do in the pool:

**1. POOL KICKING SETS**

To develop speed:
- 1 x 25 easy + 1 x 25 fast
- 1 x 25 easy + 1 x 50 fast
- 1 x 25 easy + 1 x 75 fast
- 1 x 25 easy + 1 x 100 fast

To develop stamina:
- 1 x 25 easy + 30 seconds vertical kicking (hands in water)
- 1 x 25 easy + 30 seconds vertical kicking (hands out of water)
- 1 x 25 easy + 30 seconds vertical kicking (wrists out of water)
- 1 x 25 easy + 30 seconds vertical kicking (elbows out of water)

To develop strength:
- 10 x 25 kicking with KAATSU Aqua Bands (2 butterfly, 2 backstroke, 2 breaststroke and 4 freestyle)
- 3 sets of vertical kicking with KAATSU Aqua Bands until mouth goes below surface of water
- Aqua-walking, aqua-jogging or aqua-running with KAATSU Aqua Bands in waist-deep water
- 3 x 60 seconds of treading water (eggbeater) with KAATSU Aqua Bands

**2. OPEN WATER KICKING SETS**

To develop stamina:
- 500m kick in open water with a kickboard
- 500m kick in open water with a kickboard and short-blade fins
- 500m kick in open water with a kickboard and long-blade fins
- 500m kick in open water without a kickboard, hands sculling in front
- 500m kick in open water without a kickboard or fins, hands sculling at sides

To develop navigational IQ:
- 500m backstroke kick in open water with arms stretched out in front
- 500m backstroke kick in open water with hands sculling at sides

To develop strength and stamina:
- 100m backstroke kick with arms stretched up above the chest in the air
- 100m easy freestyle back to start
- 75m backstroke kick with arms stretched up above the chest in the air
- 75m easy freestyle back to start
- 50m backstroke kick with arms stretched up above the chest in the air
- 50m easy freestyle back to start
- 25m backstroke kick with arms stretched up above the chest in the air
- 25m easy freestyle back to start

To develop speed and kinetic awareness of the power of the ocean:
- 30 minutes of bodysurfing with a regular kickboard
- 30 minutes of bodysurfing with a regular kickboard and fins
- 30 minutes of bodysurfing with fins

**3. POOL OR OPEN WATER KICKING SETS**

Just for fun and challenge
- Swim with shoes in open water trying to keep a streamlined body position
- Vertical kicking with shoes in the pool
- Vertical kicking holding liter bottles filled with water
- Push off wall underwater and try to go as far as possible underwater while holding a kickboard in outstretched arms
- Two people face each other and hold one kickboard between them in the vertical position. Each kick vigorously against each other, in the opposite direction, until they have moved 5 meters
Chris Morgan, a 2008 Olympic swimming coach, teaches and advises a number of athletes about KAATSU training on dryland and KAATSU Aqua in the water from Olympic swimming medalists and Olympic Trials finalists to masters swimmers (24-75 years), competitive age group swimmers and collegiate swimmers.

"KAATSU Aqua is beneficial for those athletes aiming for the 2020 Tokyo Olympics and non-athletes recovering from injuries," says Morgan who explained how Roy Burch used KAATSU to recover from a double patella tendon rupture and qualified for the Olympics.

Morgan [see video below] explains, "We work on speed, strength and stamina every workout at the Gator's Swim Club in Waltham, Massachusetts [the 2015 New England Senior Swimming Championship Team].

Like other competitive age-group swim teams, we augment those hard training sessions with a focus on proper technique, good balanced nutrition, and all kinds of 'outside the box' dry-land training.

This year, our athletes began an innovative addition to our entire training regime that has resulted in some unprecedented drops in time."

Over a 3-month period, some of the representative swims include the following:

Henry Gaissert (17 years old)
• 100 freestyle: from 47.0 to 44.8 (44.1 relay split)
• 100 butterfly: from 52.4 to 49.8

Maddie Wallis (16 years old)
• 200 backstroke: from 2:07.9 to 2:00.3

Olympic Swim Coach On His Use Of KAATSU Aqua
Johnny Prindle (17 years old)
• 100 freestyle: from 48.1 to a 45.9 relay split
• 200 freestyle: from 1:47.2 to 1:41.5
• 100 breaststroke: from 59.0 to 57.5

THEIR SECRET...?
KAATSU.
KAATSU is the advantage that Olympic and professional athletes from Japan, and increasingly in teams from the United States and Switzerland to Tunisia and Hungary, have been using to gain specific strength in order to improve speed and increase stamina.

Morgan continues, "Years ago, Olympic champion Misty Hyman from Stanford University did something vaguely similar. The 200-meter butterfly Olympic champion in the 2000 Sydney Olympic Games placed several thick postage rubber bands around her arms and legs. She would at times swim as much as 8,000 meters with the bands at AFOX in Arizona under the guidance of its coach Bob Gillette as a high school student. Her unusual training method started in Arizona as a top age-grouper and continued at Stanford University under Richard Quick - where I served as an assistant coach.

But we learned from Dr. Yoshiaki Sato and our KAATSU Global colleagues that very specific pressures with carefully engineered pneumatic bands used in short durations is the key to significant improvements in speed, strength and stamina. We use the KAATSU Master and KAATSU Nano devices to identify two types of specific pressures (called Base SKU and Optimal SKU where SKU stands for Standard KAATSU Unit). These pressures are specific for each athlete that can vary from day to day and workout to workout. Those specific pressures, that vary from athlete to athlete, are how our athletes have maximized the benefits of KAATSU or "blood flow moderation training."

Invented in 1966 and perfected by 1973 by Dr. Sato of Tokyo, the KAATSU inventor was honored by the Japanese Olympic Committee in 1992. Word eventually leaked out from Japan about KAATSU beginning in the 1980s and throughout the 1990s, but it was mostly adopted without knowledge of the Base SKU and Optimal SKU, the smart pneumatic bands, or the use of the KAATSU Cycle protocols by the bodybuilding community. These bodybuilders, looking to achieve muscle hypertrophy, never understood the existence of pneumatic bands that maintain its structural integrity as they inflate, or the importance of identifying one's Base SKU or Optimal SKU, or integrating the KAATSU Cycle protocols as a means of post-workout recovery. Eventually, the bodybuilding community resorted to using knee wraps and other sorts of restrictive, occasionally non-elastic, bands as occlusion training or tourniquet training tools. But acceptance of the thick postage rubber bands or knee wraps never took off in amateur or professional sports in the West, especially in the aquatic community. "Or frankly, anyone," reminds Morgan. "In contrast to those focused on muscle hypertrophy, we wanted a proven, safe and effective means to help our young athletes improve their speed, strength and stamina - not a means simply to get bulkier.

Since the Center for KAATSU Research at the Harvard Medical School was established in 2013, I first used KAATSU on myself** and learned the proper protocols and how to safely use the KAATSU equipment. With that knowledge and experience, the athletes of the Gator's Swim Club have been experimenting with...
Ever since that time, I wanted the athletes who I work with to benefit from a clear and methodical use of KAATSU.

KAATSU and our age-group swimmers, several who are national-caliber swimmers.

I quickly learned how we could replicate ‘race pain’ without the need for a time-consuming test set by using the KAATSU equipment. By engorging the muscles in blood - instead of keeping blood out like the bodybuilders and their knee wraps, I studied how this revolutionary training technique could be utilized by competitive swimmers whether they are focused on their local high school championships and getting into college or others like Roy Burch and Mohamed Hussein who qualified for the 2016 Rio Olympic Games."

Coach Morgan now uses KAATSU in three fundamental ways:

1. In rehabilitation
2. For recovery
3. During training

REHABILITATION
Swimmers use KAATSU to quickly resolve sore shoulders and the tweaks of overuse injuries from both our age-groupers and masters swimmers. "We use the KAATSU Cycle modality that starts off with lower pressures and gradually builds up to higher pressures. These protocols are the same protocols that are used by Olympic gold medalists and members of the 2014 Sochi Winter Olympics USA team and professional soccer players."

RECOVERY
"We use the KAATSU Cycle modality between races and between the preliminary and final events in a multi-day event (e.g., the 2015 Winter Junior National Championships in Atlanta, Georgia) and KAATSU Cycle has been used at the World University Games and United States Olympic Trials in both swimming and track & field."

TRAINING
"We do a variety of sets with KAATSU in order to improve technique, speed, strength and stamina. None of these sets last over 20 minutes, as per the standard KAATSU protocols. Some of the sets involve using arm bands and some of the sets involve using leg bands, including sets that exclusively focus on starts or turns.

These sets can range from 10 x 15m breakouts to 10 x 50 at a specific pressure.

Not only have our athletes and their parents accepted KAATSU and appreciate its benefits, but we also have some of our graduating seniors requesting the KAATSU machines accompany them to their new collegiate teams."


** In 2013, Morgan competed in a Tough Mudder obstacle race near Boston. He used the KAATSU Master to improve his fitness level, but on the day of the event, at mile #10, he slipped on a log, smashed his side, and broke 2 ribs. For 7 days immediately after the injury, he used the KAATSU Master and KAATSU Air Bands as prescribed for broken bones. By day 7, the pain and sensitivity of the broken ribs had vanished. Ten days after the first x-rays revealed the broken ribs, he took a second set of x-rays at Harvard University that showed a complete recovery. "Ever since that time, I wanted the athletes who I work with to benefit from a clear and methodical use of KAATSU."

*** Get Stronger, Go Longer. KAATSU is Blowing Researchers’ Minds (Military Times) and KAATSU Japanese Blood Flow Routine (Outside Magazine)
On May 12th, Steven Munatones had a heart attack (read his first-hand account here). This is a follow-up story on his ongoing recovery:

It was quite an ordeal in which I was rescued by my son, saved by paramedics, treated by emergency room staff, operated on by cardiologist Dr. Lee Carter, and made hypothermic and revived by the Critical Care Unit staff at Hoag Hospital in Newport Beach, California.

I knew it was a miracle that I lived. Everything - the timing, the location, the circumstances - went just right for me to live. Everyone involved did an outstanding job in an extremely timely manner to enable me to recover from a heart not beating and lungs not moving.

Every morning since coming out of the hypothermic coma, I profoundly appreciate that I have at least another day on this Earth. I look at my wife, think about my son, smile at my daughters, and am forever grateful for the talents of the paramedics, nurses and doctors who treated me.

Even before being released from the hospital and returning home, I was intent to getting back to normal as soon as possible. I knew my stress levels and heavy travel schedule had to be significantly reduced to return to a more healthful lifestyle. But I also instinctively knew that swimming and KAATSU was a big part of my recovery. Swimming is what I have done all my life, whether in a pool or the open water, and KAATSU is something that I had done for the last 15 years.

I saw no reason to stop now.

But the learned words of the medical professionals reminded me - and other cardiac patients warned me - about swimming and pushing myself too soon and too hard. "Take it easy." "Not for a few more months." "Focus on the cardiac rehab at the hospital." "Don't get your heart rate too high." "You need to rest and take it day by day."

I understood the much-appreciated advice of people who had heart attacks and those who treat them. Since they have the experience and were among the medical professionals who saved me, I listened. But I still craved rehabilitating through swimming and blood flow moderation training.

While cardiac rehabilitation traditionally involves pharmaceuticals of various kinds, rest, and walking on treadmills under medical supervision, I wanted to swim. I wanted to take off my shoes and get in the water; I did not want to put my shoes on and hop on a stationary bike. I wanted to get wet; I did not want to perspire...
in a rehabilitation clinic. I wanted to swim with my buddies; I did not want to make new friends, all with cardiac issues.

I also wanted to do KAATSU to augment my swimming; I knew that inducing blood pooling in my limb with pneumatic bands would be helpful.

But I followed directions and impatiently waited.

Finally, the day came when I could swim. It was great to wake up before the sun rose and drive to the swimming pool in the dark. I could see the lights shining over the pool deck from a distance, a familiar sight. I knew my swimming buddies would park in the same spaces, walk slowly to the pool, and hop in the same lanes...as they have for years. I knew the warm-up would be the same and the main set would be varied as usual.

I was under strict directions to keep my heart rate low and swim cautiously. That was not to be a problem.

I knew that I can control my swimming pace and heart rate by the speed of my kick, my stroke rate (arm turnover), my breathing pattern, the length and intensity of my breakouts, or the length or duration of the main set. That is, if I shifted from a 2-beat kick to a 6-beat kick, my heart rate would increase. If I increased my arm turnover or if I breathed less frequently or if I performed longer or faster breakouts, my heart rate would increase.

So control over my swimming pace and heart rate was easy to manage.

But I wanted definitive information about my heart rate so I downloaded Cardiio, the free mobile app created by the MIT Media Lab, to my iPhone. I placed my iPhone next to the pool so I could easily grab it when I stopped to rest at the poolside. I checked my heart rate throughout the workout, but made notes during the main set when I would swim faster.

Initially during Week 1, I swam very slowly, barely kicking with a purposefully slow arm turnover. I only did open turns rather than flip turns and I stopped frequently. I kept my swimming distance to 2,000 - 2,500 yards (1828m - 2286m) in a short-course pool and was careful to never get out of breath.

During the first five swimming sessions, I kept my heart rate or beats per minute (bpm) to under 110 bpm [see below]. It felt easy and comfortable, but I really enjoyed just being back in the water with my swimming buddies.

Data from Cardiio, taken at poolside

Then I increased my controlled heart rate to a maximum of 130 bpm during Week 2 and increased it yet again to a maximum of 150 bpm during Week 3 - where the maximum will be maintained for the next six months. I checked my swimming pace after a 2-3 50-, 75- or 100-yard swims, depending on our main set. Sometimes, the group would do fast 50-yard or 75-yard USRPT (Ultra-Short Race-Pace Training) sets or I would just do a pace 100-yard swim for time at the end of the workout.

As soon as I finished a swim set, I would stand up on the shallow end of the pool and quickly grab my iPhone
to check my heart rate with the Cardiio app. After 60 seconds of rest, I checked my heart rate again. I had hoped that the differential between my maximum heart rate and my heart rate after 60 seconds would increase over time. I saved the data and then posted it on an Excel spreadsheet for future analysis.

During Weeks 1-3, I never got out of breath in the pool like I usually did in our main sets previously to my heart attack. Along with Dr. Lyle Nalli racing alongside me, we would push our pace to maximum exertion levels. But no longer. I was taking my aquatic rehabilitation casually and carefully in a controlled manner.

Perhaps, I will never get quite back to that intensity together with Dr. Nalli. It will also take me a while to have the requisite self-confidence to swim in the Pacific Ocean or to do a main set of butterfly in the pool. But those limitations are perfectly acceptable to me. I am swimming now and gradually returning back to cardiac health and overall fitness.

I am convinced that a lifetime of swimming with all its cardiovascular benefits helped me survive...and thrive in this second chance at life.*

For more information on Cardiio, visit here.

In addition to swimming, I am also concurrently doing KAATSU, primarily on my arms, but also on my legs at least three times per week. I wanted to start KAATSU immediately after waking up from my coma, but others around me encouraged me to wait. Three weeks after my heart attack, I started doing KAATSU regularly.

I am convinced that the combination of KAATSU and swimming is the ideal form of rehabilitation for my own cardiac issues. KAATSU allows me to maintain muscular strength and mass while swimming enables me to maintain flexibility and aerobic conditioning.
Chris Morgan has coached Olympic and world-class swimmers from Stanford University to Switzerland. He was mentored under the tutelage of some of history’s greatest swimming coaches including the renowned Richard Quick.

After decades of fine-tuning his coaching philosophy and training workouts in pools and training facilities around the world, Chris’ world was rocked when he broke two ribs in a Tough Mudder obstacle race while coaching at Harvard University.

It was in Cambridge where he was first introduced to KAATSU. He recovered after 7 days while doing KAATSU Cycles twice a day with the help of Japanese Master KAATSU Specialist Shigeomi Shimizu. Since he had broken his ribs once before, he was shocked with the rapid recovery and comparisons of waiting for broken ribs to heal with and without KAATSU.

As he learned more and more about KAATSU, he took a few trips to Tokyo to learn directly from Dr. Sato, the inventor of KAATSU. He was blown away by the versatility of KAATSU in the realm of athletic performance, rehabilitation and recovery. He quickly utilized his KAATSU knowledge with his young competitive swimmers and his older adult fitness swimmers whether they were looking to improve their speed, stamina and strength or undergoing rehabilitation. He uses KAATSU before, during and after vigorous workouts in the pool or at hotels in between preliminary and final heats at elite competitions.

The success of his athletes - going from unknowns to college recruits - and the speed in which his swimmers recover from injuries are impressive, but not surprisingly so given his total and comprehensive use of KAATSU in his overall training program.