TOP 5 BENEFITS

1. KAATSU can be done anywhere, anytime whether you’re at your desk, cubicle, office, home, hotel, or gym.

2. Enables muscles to achieve maximum hypertrophy without heavy weights or tearing muscle fibers and can simultaneously engage both fast and slow twitch fibers.

3. Easier on joints and reduces the long-term stress and risk of injury common with doing heavy resistance training.

4. Stimulates the secretion of a significant amount of human growth hormone within a short amount of time.

5. Can simultaneously apply different pressures on the left and right side of the body or lower and upper parts of the body to address imbalances.

BODYBUILDERS AND OLYMPIANS USING KAATSU

Claude Groulx, Oussama Mellouli, Ana Marcela Cunha, Carmelo Anthony

ABOUT KAATSU

KAATSU is the world-leader in blood flow moderation training and therapy. Invented in 1966 by Dr. Yoshiaki Sato in Tokyo, Japan and protected by 47 patents, our equipment and protocols have an impressive and unprecedented safety track record with over 20 million individual KAATSU sessions in dozens of countries across the globe. From elite athletes, to baby boomers, and everyone in between, KAATSU is the ultimate biohack for health and rehabilitation.

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TOP 5 BENEFITS

1. KAATSU can help improve flexibility and strength.
2. Can be done before and after yoga to aid warm up and recovery.
3. Enables muscles to achieve maximum effort and flexibility during yoga, Pilates, and general stretching.
4. Stimulates the secretion of a significant amount of human growth hormone within a short amount of time.
5. Can augment physical therapy and recovery after injuries.

Ideal Audience for KAATSU

Women between the ages of 20–60 and those who recently gave birth.

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TOP 5 BENEFITS

1. KAATSU enables a quick workout while sitting at your desk, cubicle, office, home, or hotel room.
2. You can conduct a variety of exercises (aerobic, isometric, stretching, strength training) without having to change into specialty workout attire or break a sweat.
3. Stimulates the secretion of a significant amount of human growth hormone with non-impact and low-impact exercises.
4. Helps improve vascular elasticity in the limbs which is a marker of longevity and overall health.
5. Helps to reduce metabolic syndrome through maintaining a sustainable and efficient exercise program.

BABY BOOMERS USING KAATSU
Diana Nyad, Ari Emanuel, Sinbad, Prime Minister Shinzō Abe, Duane Kurisu, Dennis Mitchell

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TOP 5 BENEFITS

1. KAATSU can be used for highly-efficient warmup, training, and recovery for races or games.
2. Bands can be worn in the water enabling the body to reach maximum effort without swimming long distances or working out for extended periods of time.
3. Enables the body to quickly heal itself from injuries due to shoulder overuse.
4. Stimulates the secretion of significant amounts of human growth hormone within a short amount of time.
5. Can simultaneously apply different pressures on the left and right side of the body or lower and upper parts of the body to address imbalances.

AQUATIC ATHLETES USING KAATSU

Michael Andrew, Todd Tisue, Ous Mellouli, Roy Burch, North Shore (Oahu) Lifeguard Association

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TOP 5 BENEFITS

1. KAATSU enables increased elasticity of capillaries and veins which reside just under the skin to help reduce the appearance of wrinkles, cellulite, and varicose veins.

2. Enables an efficient workout at your desk, cubicle, office, home, or hotel without perspiration.

3. Does not require heavy weights, long workouts, or vigorous exercise to see results.

4. If done before going to bed, it will stimulate a significant amount of human growth hormone during sleep.

5. Can be used while stretching, walking, doing yoga, Pilates, or any other form of movement (aerobic, isometric, strength training).

MODELS USING KAATSU

Satomi Ishihara, Angela Krisztina Ambrus

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TOP 5 BENEFITS

1. KAATSU is the ultimate corporate wellness program by enabling you to exercise or rejuvenate at your desk, cubicle, or office.

2. You can conduct a variety of exercises (aerobic, isometric, stretching, strength training) without having to change out of your work attire or break a sweat.

3. Stimulates the secretion of a significant amount of human growth hormone and adrenaline which can be done right before an important meeting or presentation.

4. Helps relieve stress as well as minor aches and pains during the workweek.

5. Enables employees to exercise without having to offer or pay for traditional off-hour corporate wellness programs.

CORPORATE EXECUTIVES USING KAATSU

Taco Bell Corporate, Facebook, Microsoft, Google, Accretive, William Morris Endeavor, Groupon

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TOP 5 BENEFITS

1. KAATSU helps improve strength, speed, and stamina effectively and efficiently.
2. Can augment physical therapy and recovery after injuries.
3. Can prevent atrophy while limited to a wheelchair, cast, or sling.
4. Stimulates the secretion of a significant amount of human growth hormone during post-surgery recovery.
5. Helps relieve minor aches and pains.

CLINICS USING KAATSU

All Star PT, MD Orthopedic Surgery, Stars Sports, Columbia Gorge, Melrose Family Chiropractic

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TOP 5 BENEFITS

1. KAATSU can help improve stamina, speed, tactile feel in water, and overall strength
2. Can be done before and after workouts to aid warm up and recovery.
3. Enables muscles to achieve maximum effort without the use of heavy weights or additional equipment.
4. Stimulates the secretion of a significant amount of human growth hormone within a short amount of time.
5. Can augment physical therapy and recovery after injuries.

TRIATHLETES USING KAATSU

Swiss Professional Triathletes

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TOP 5 BENEFITS

1. KAATSU helps improve physicality, strength, and range of motion prior to a surgical procedure.
2. Can augment physical therapy at home or work before and after an operation and can be done while limited to a wheelchair, cast, or sling.
3. Helps improve vascular elasticity in an injured limb before and after an operation.
4. Stimulates the secretion of a significant amount of human growth hormone during post-surgery recovery.
5. Helps relieve small aches, pains, and bone breaks.

MEDICAL AND REHABILITATION CENTERS USING KAATSU

Massachusetts General Hospital, Harvard Medical School, University of Tokyo Hospital, OasisMD

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TOP 5 BENEFITS

1. KAATSU can help improve stamina, speed, and overall strength
2. Can be done before and after workouts and matches to aid warm up and recovery.
3. Enables muscles to achieve maximum effort without the use of heavy weights or additional equipment.
4. Stimulates the secretion of a significant amount of human growth hormone within a short amount of time.
5. Can augment physical therapy and recovery after injuries.

COMBATIVE ATHLETES USING KAATSU

Andre Metzger, Avery Souders, Japanese Olympic wrestlers

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