


**BFR Training Not Recommended**



Due to client's risk level as determined by the medical screening questionnaire, BFR training cannot be recommended due to the medical risk it may pose.

OK

**BFR Training Not Recommended**





Due to client's risk level as determined by the medical screening questionnaire, BFR training might not be recommended due to the medical risk it may pose. BFR training can only be recommended under medical supervision and approval.

Disapprove    Approve

**RISK LEVEL 1**

**Very Low Risk**  
BFR is safe to perform

Select the device you will use for your BFR workout







Automated Pneumatic Cuff System    Manual Pneumatic Cuff System    Elastic Wraps

**RISK LEVEL 2**

**Low Risk**  
BFR is safe to perform

Select the device you will use for your BFR workout

Automated Pneumatic Cuff System    Manual Pneumatic Cuff System

**RISK LEVEL 3**

**Moderate Risk**  
BFR is safe to perform

We Recommend that you only use Automated Pneumatic Cuff Systems for this user


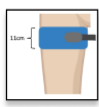



Continue >

Select which type of limb you will be training

Upper Body    Lower Body



Select the size of cuff you will be using

Take the blood pressure of the individual using blood flow restriction

systolic pressure mmHg    diastolic pressure mmHg

Measure the circumference of the lower body limb

Be sure to measure in the same place the cuff will go

circumference in cm

**Your AOP (Arterial Occlusion Pressure) Estimates**

Your AOP is 109mmHg

Higher Pressures	Recommended	Lower Pressures
80% : 152mmHg	50% : 95mmHg	40% : 114mmHg
70% : 133mmHg		
60% : 114mmHg		