

Blood Flow Restriction (BFR) Resistance Exercise 101



Blood flow restriction resistance training uses partial occlusion of the arms or legs to deliver heavy-lifting results but with much lighter loads.



Useful to add variety to a training plan for healthy adults, or to rehabilitate after an injury.



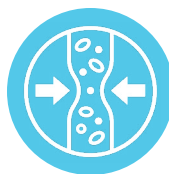
Decreases muscle oxygen levels stimulating muscle growth and strength.



Uses high repetitions (e.g., 30, 15, 15, 15 reps) with short rest intervals and 20-40% 1RM.



Occlusion cuff pressure should be between 40-80% of the pressure that would stop all blood flow into the limb.



Cuff type matters, and changes how the occlusion pressure impacts the blood flow restriction stimulus.



Tighter cuffs do not mean more muscle growth but can increase risk. Occlusion should not be on the arms and legs at the same time. The cuff should be released if symptoms like dizziness, tingling, or severe pain occurs.



Done properly, blood flow restriction resistance exercise is safe for most people, even many clinical populations. Consult your health care provider first if you have chronic conditions or prior injuries to the limb. Before attempting blood flow restriction resistance exercise learn more about how it works by [reading more here](#).