



$\frac{1}{2}$ the Time . . . $\frac{1}{2}$ the Work
Better Results

B3 Bands

A Scientific Breakthrough in Exercise

Independent B3 Consultant



Current Belief on Exercise

Cross Fit

Lifting Weights

Yoga, Aerobic, Cardio

Long Runs, Hikes, or Bikes

An Hour or More

No Pain . . . No Gain



High Intensity / Long Duration Exercise

Burns Calories & Increases Metabolism

Hormonal Response

Micro Tears Muscle

Better Performance

Requires Recover Period



What Really Happens

Lactic Acid Builds up Quickly

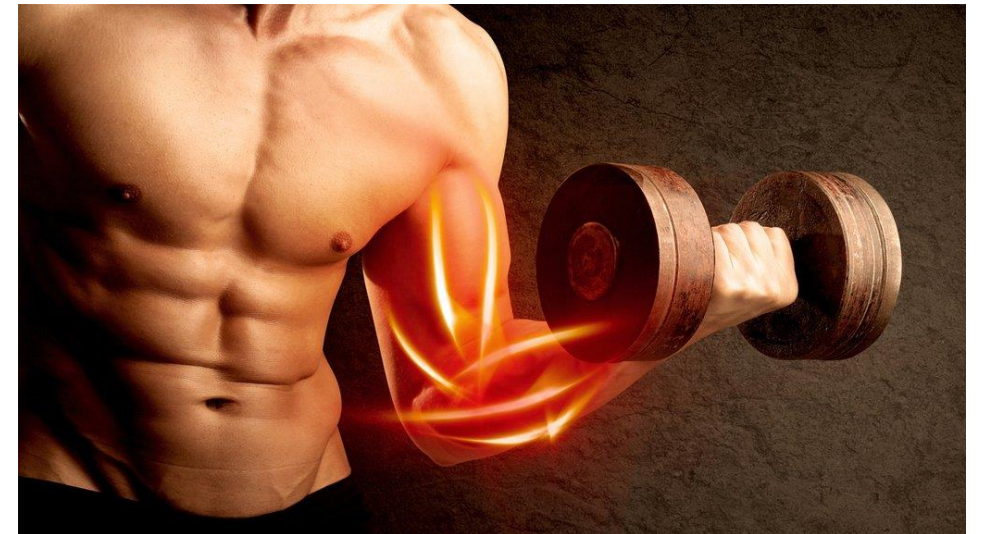
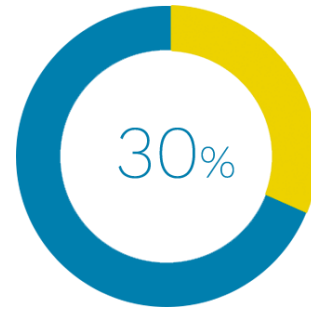
Muscle Oxygen ~ 30%

All Muscle Fibers Recruited

Muscle Metabolically Fails

Signal is Sent to the Brain

Body Adaptation Occurs



Slow Changes

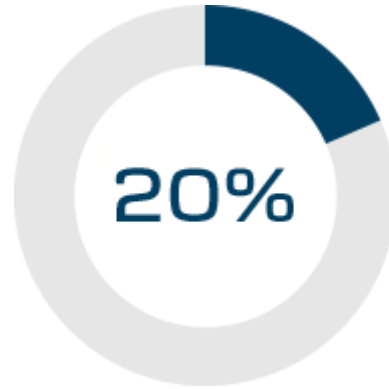
Less than 20 Minutes

No Weight or Light Weight

Drops Muscle Oxygen under 20%

Promotes Growth Hormone Surge!

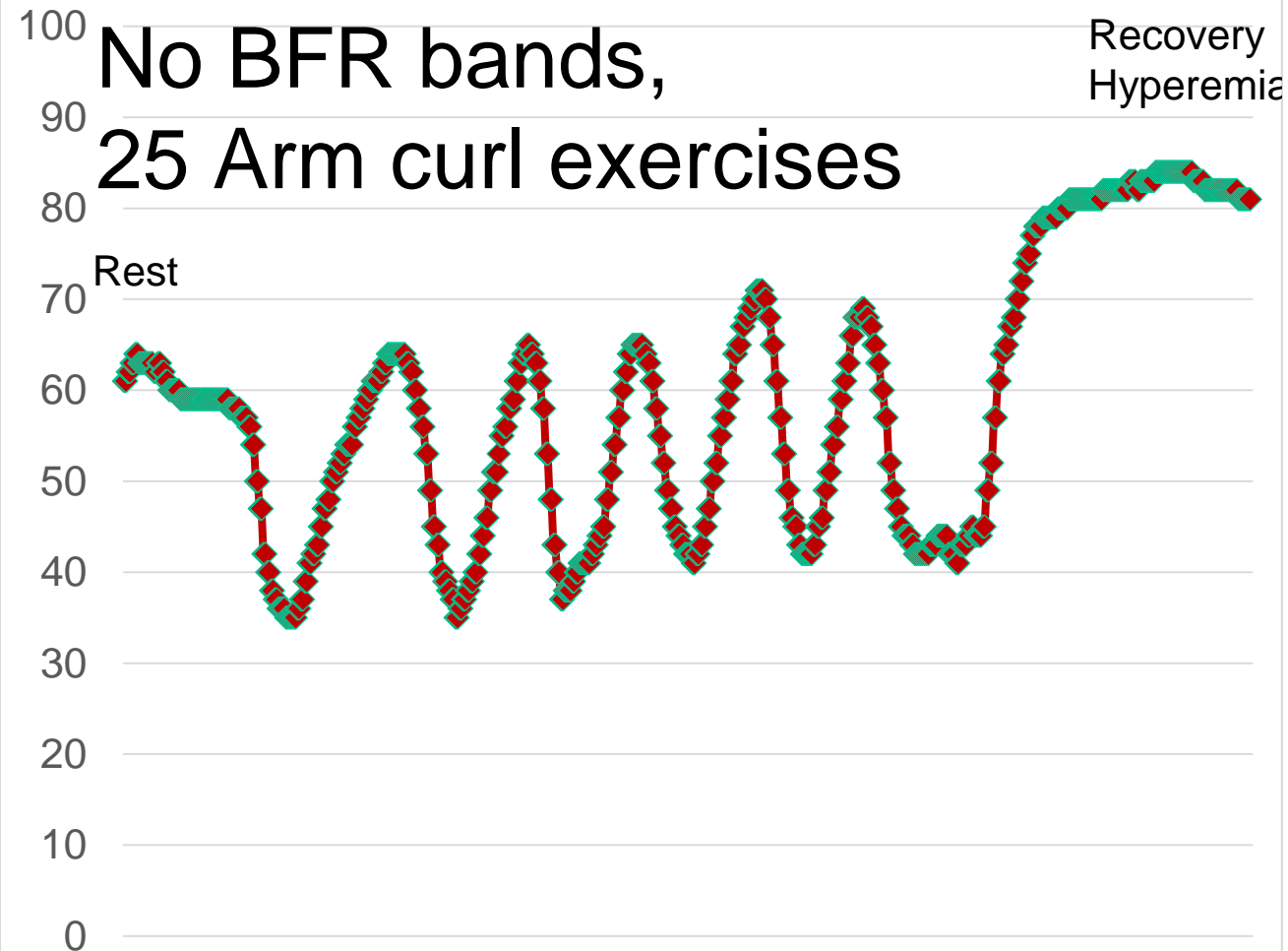
$\frac{1}{2}$ the Time, $\frac{1}{2}$ the Weight
Better Results!



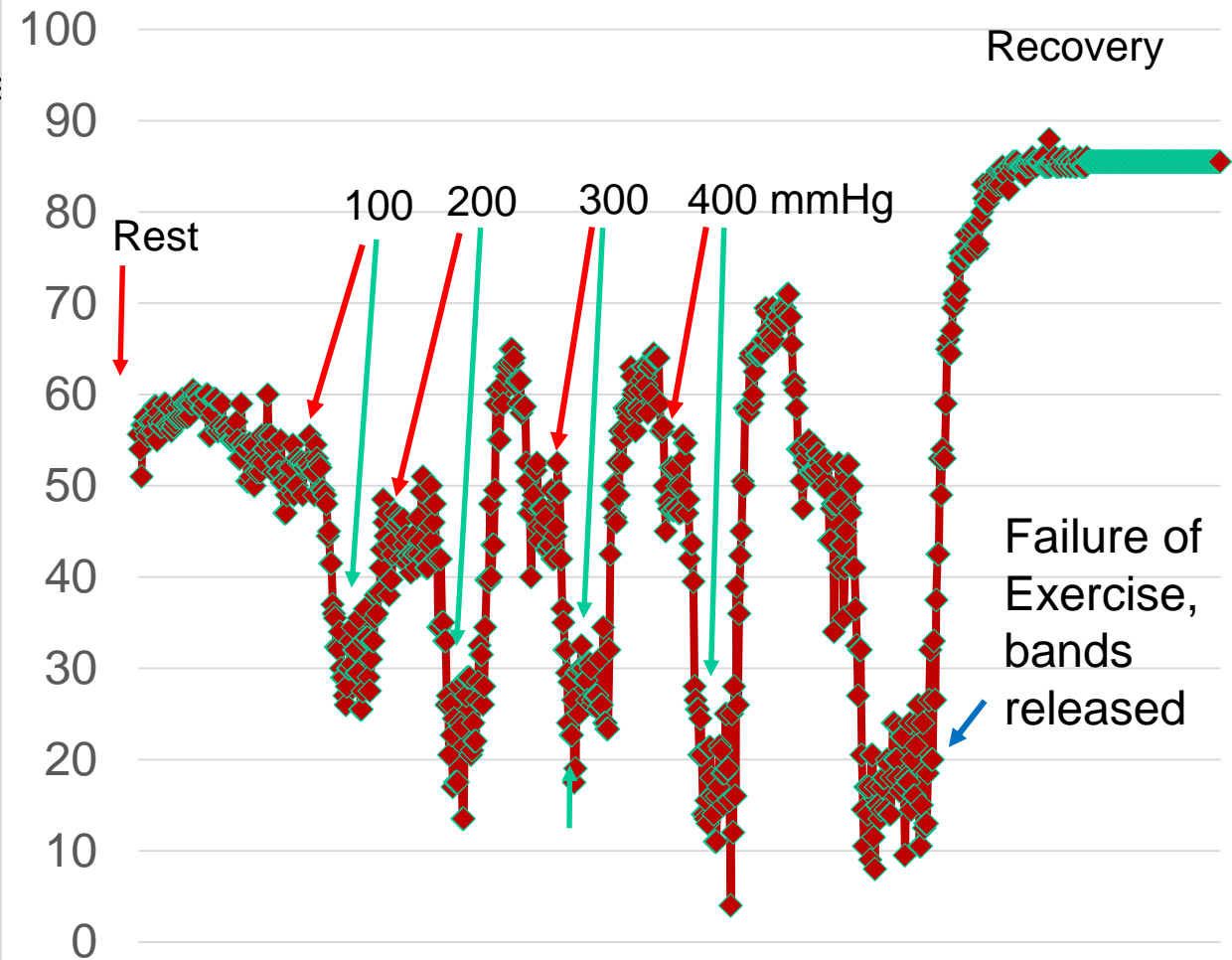
Exercise with BFR
uses up O₂ in muscle

Biceps SmO₂ (%)

No BFR bands,
25 Arm curl exercises



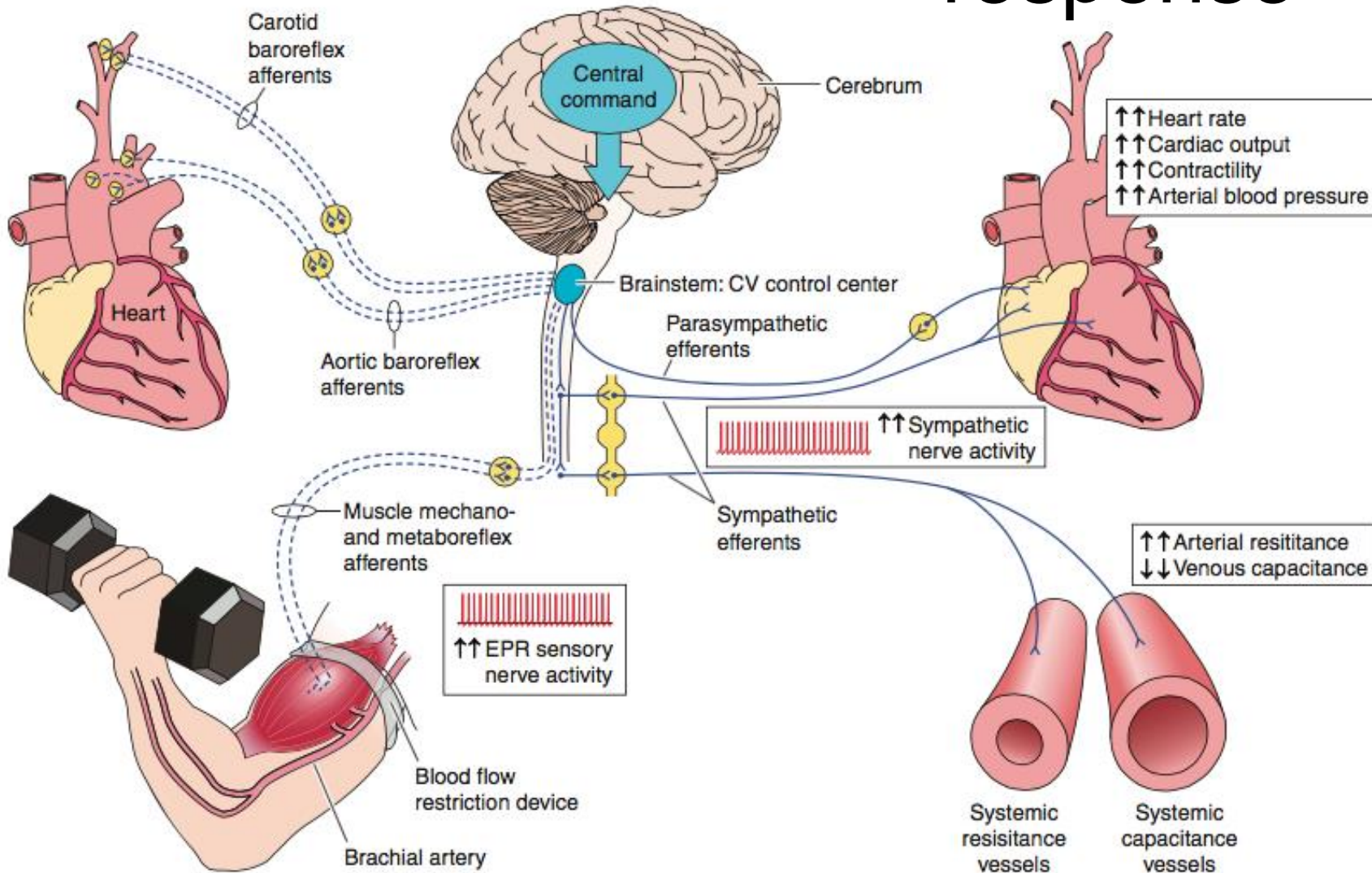
Biceps SmO₂ (%)



Systemic neuro-humoral response

Muscle in Metabolic Crisis
Muscle sends message to brain, "Help!"
Brain responds by

- increasing HR,
- increasing breathing
- increasing sweating
- releasing GH



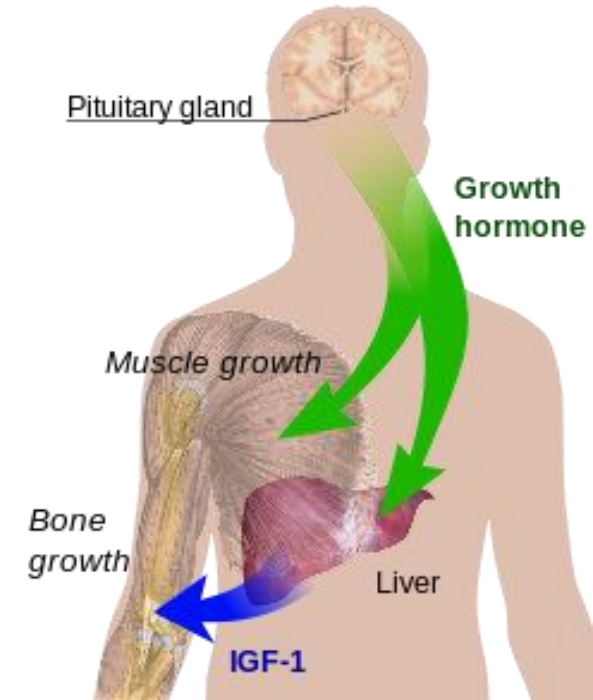
Growth Hormone Study

Exercise without BFR : GH increased $>.32$ ng/ml

Exercise with BFR : GH increased > 8.49 ng/ml with

Doing the same exercise Resulted in . . .

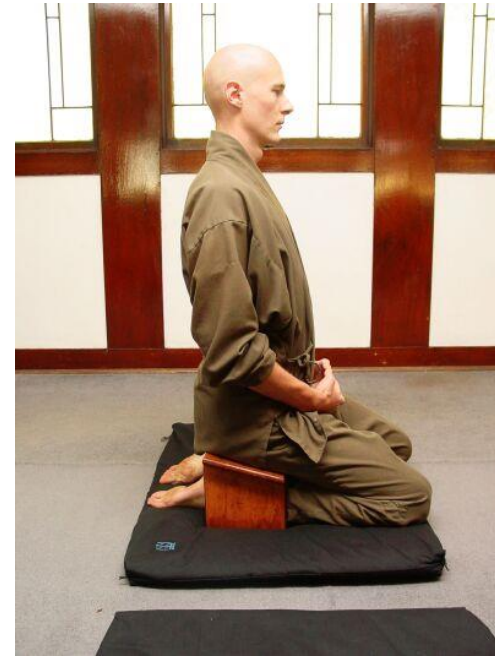
25 times greater release of GH with BFR!





Epiphany 1966

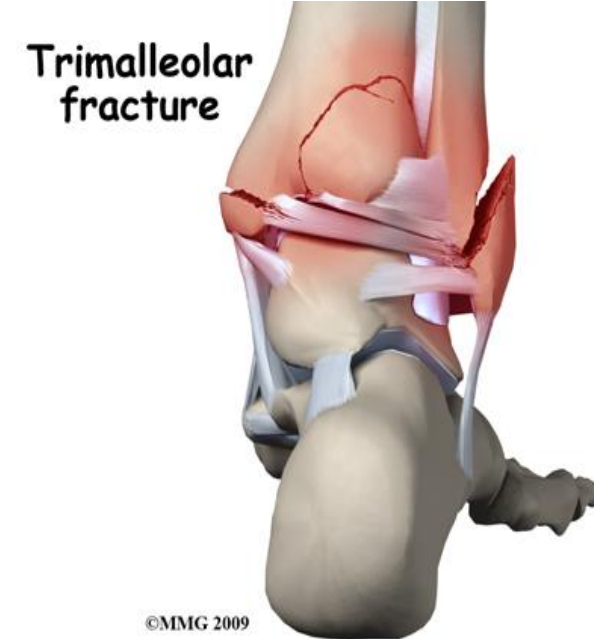
- 18 y.o. Yoshiako Sato
- Prolonged kneeling position
- Felt fatigue in legs
- Similar to an exhaustive workout



1973 Ski Accident

Ankle Fracture & Knee Injury

- Placed in Full Leg Cast
- Traditional Rest and no Leg Exercise
- Leads to Muscle Atrophy



Minimal Atrophy!

Used Judo Belt for BFR

- Did Exercises with Judo Belt above Cast
- At 6 Weeks when cast came off there was **MIMINAL ATROPHY!**
- **HEALING** in ½ the **TIME!**



KAATSU

- Certified KAATSU Master
- \$2500 and Training Course
- Hooked up to Monitor



Not Practical!

A Better BFR Device

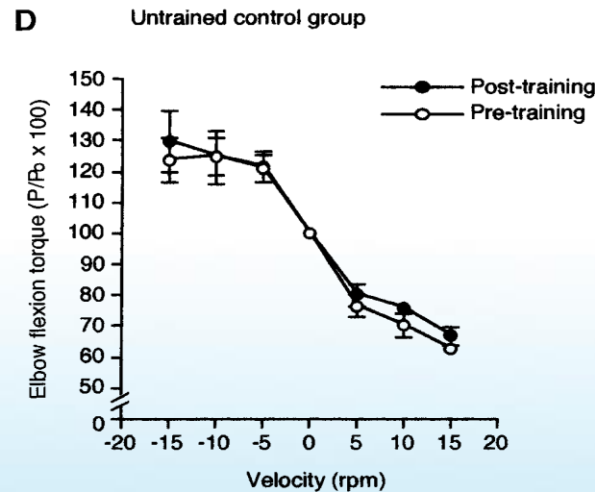
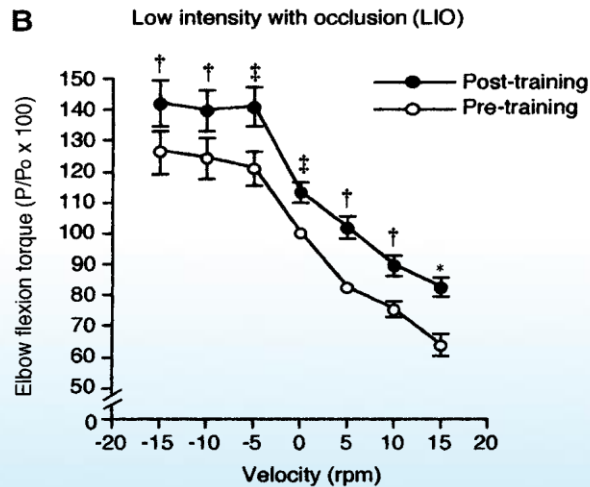
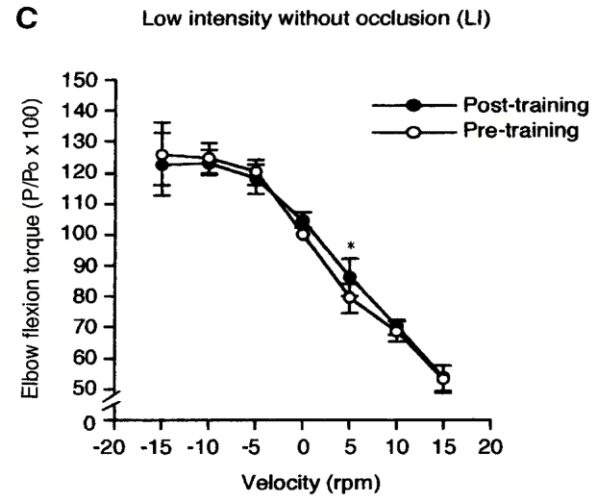
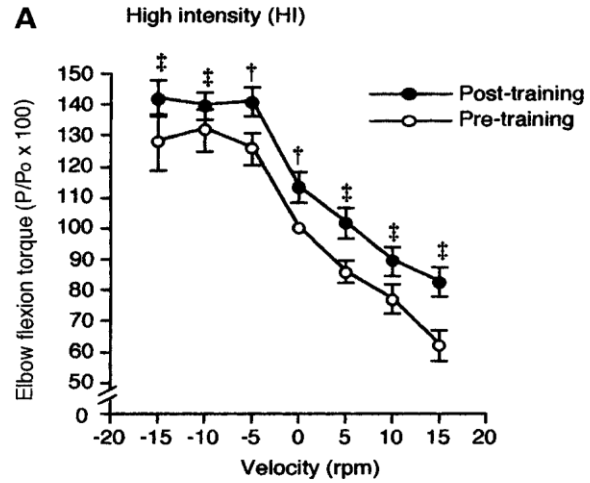
- Safe for everyone 9-90
- Easy to Apply
- Portable
- No Training
- Comfortable
- Effective
- **AFFORDABLE!**



- Anyone
- Anywhere
- Anytime
- Any Activity
- Indoor/Outdoor
- Durable
- **Waterproof**
- Washable



Light weights + elastic BFR = heavy weights in improving strength



Takarada et. al.
J. Appl. Physiology
88: 2097-2106, 2000

Quick increase in muscle size

Meaningful increase in strength and size in 5 sessions

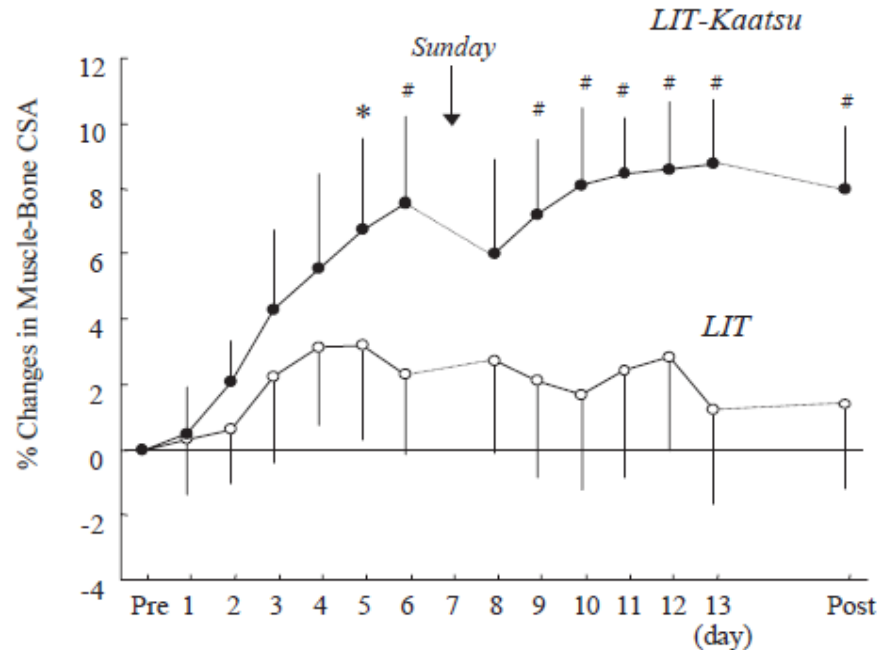


Figure 1. Percent change in estimated muscle-bone cross-sectional area (CSA) for the low-intensity resistance training combined with restriction of muscular blood flow (LIT-Kaatsu, filled symbols) and low-intensity resistance training alone (LIT, unfilled symbols) groups measured before, during (every morning prior to the training session), and after the training period. Values are mean \pm SD. * $P < 0.05$ and # $P < 0.01$ between LIT-Kaatsu and LIT.

Increase in Bone Density and Strength

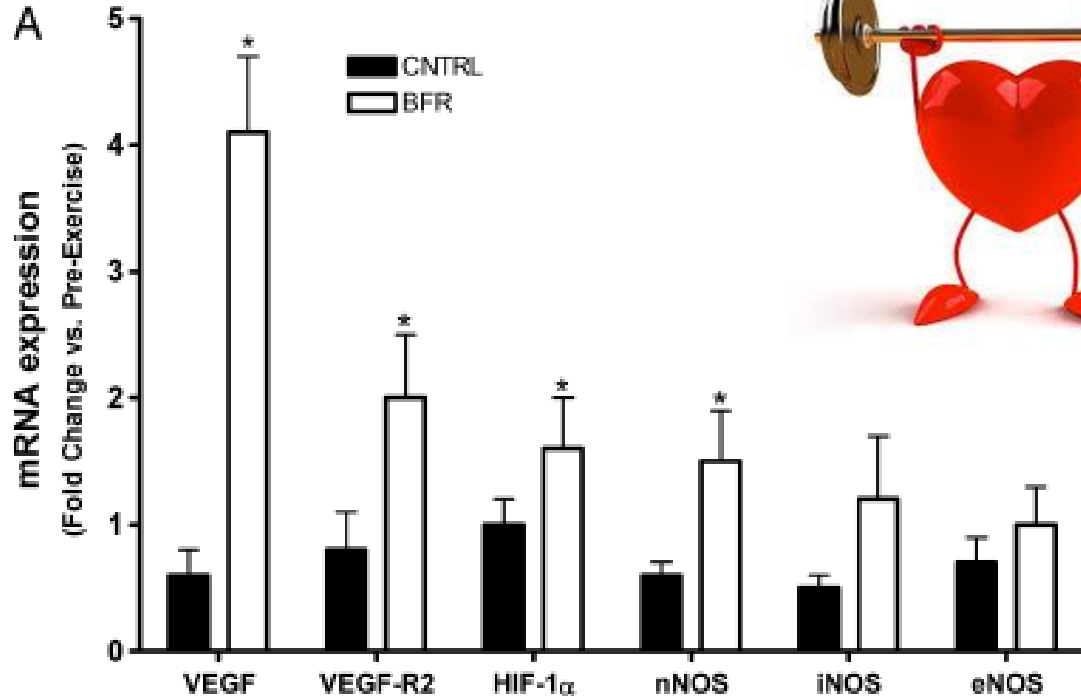
Table 1. Percent changes in strength, muscle CSA and blood parameters following 3 weeks of walk training combined with (KAATSU) and without (Control) restriction of leg muscle blood flow.

	Leg press 1-RM	Thigh muscle CSA	Bone-specific ALP	IGF-1
Control	1.3 ± 3.8	-0.6 ± 2.9	0.3 ± 8.9	-0.2 ± 14.7
KAATSU	7.5 ± 6.2 *	5.8 ± 3.8 †	10.8 ± 0.6 *	3.5 ± 15.0

CSA, cross-sectional area; ALP, alkaline phosphatase; IGF-1, insulin-like growth factor-1
*P<0.05, †P<0.01 Control vs. KAATSU



Cardio Vascular Benefits



When you exercise with BFR certain messenger RNA are stimulated that build new blood vessels.

New blood vessels are healthier, more elastic which leads to a better functioning cardio-vascular system.

This can have a profound effect on cardio-vascular disease, diabetes, stroke, and prolonging life.

Elderly Benefit Too!

Simple Walking Exercise with BFR

A low-load alternative to resistance training for improving the physical function of older adults

“improves physical function beyond that of traditional walking exercise”

“increases the quality of simple walking exercise for populations that may be contraindicated to heavy-load resistance training”



BFR Training is Safe

Survey of 12,000 + from age 20-80 who used BFR

From Healthy to Advanced Diseased

“BFR training is a safe for healthy people, and can also be applied to persons with various kinds of physical condition including cerebrovascular diseases, orthopedic diseases, obesity, cardiac diseases, neuromuscular diseases, diabetes, hypertension, and respiratory diseases”



Research & Science Summary

- **Promotes Growth Hormone**
- Less Muscle Damage, Shorter Recovery
- Increase in Strength & Size
- Increased Metabolism & Fat Burn
- Kids Improve more with BFR
- Elderly Improve Function with BFR
- Increases Bone Density
- Cardio-Vascular Benefits
- Safe as Regular Exercise



- Muscle Strength & Size
- Fat Burn & Weight Loss
- Hard & Lean Body
- Increase Performance
- Faster Recovery & Healing
- Strengthens Bones
- Improve Heart Health
- Sex Drive & Sleep
- YOUNGER looking hair, skin and nails

Growth Hormone Benefits





Remarkable Results

Get in Shape

Lose Weight

Tone Up

Build Muscle

Perform Better

Recover Faster

Plus Anti-Aging!



Results

Rocio

Weight Loss!

- Tried everything
- 6-10 Hours of Yoga
- Added **Bands** and **Products**
- Lost 9 lbs. in 30 days!



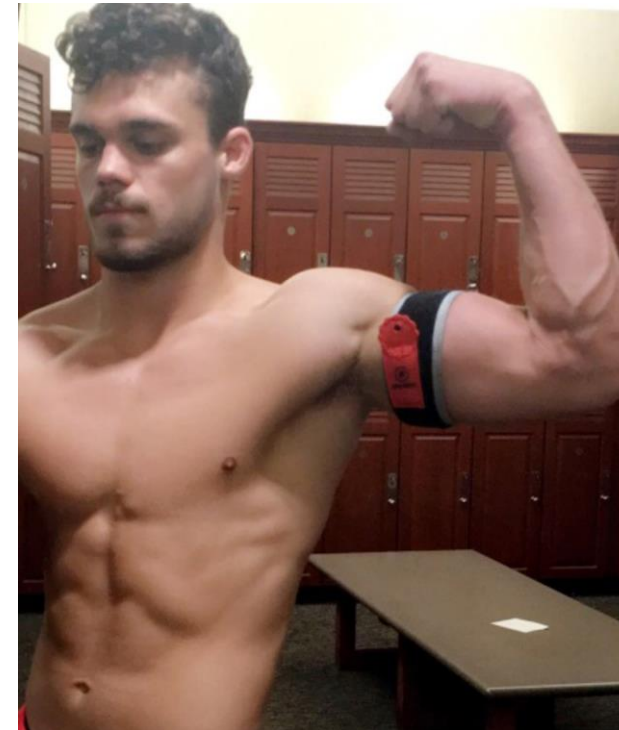
These results were self-reported to by the person pictured. Results will vary for each individual

Results

Evan

Build Muscle!

- Changed to Bands
- Gained 20 lbs. in 4 months
- Lost Stubborn Belly Fat
- Strength Skyrocketed



These results were self-reported to by the person pictured. Results will vary for each individual

Results

Julie

55 y.o. – Beating Cancer!

- Multiple Myeloma – Very Sick
- Bone Marrow – June 2018
- Started Bands Same Time
- More Energy, Strength, and Stamina

Stronger after Treatments than before thanks to B³ Bands!



Results

Vinny

Perform Better!

- 2 time World Champion Martial Artist
- Trains and Spars with all 4 B³ Bands
- **Less Time and Better Results!**



These results were self-reported to by the person pictured. Results will vary for each individual

Results

Emily

Perform Better!

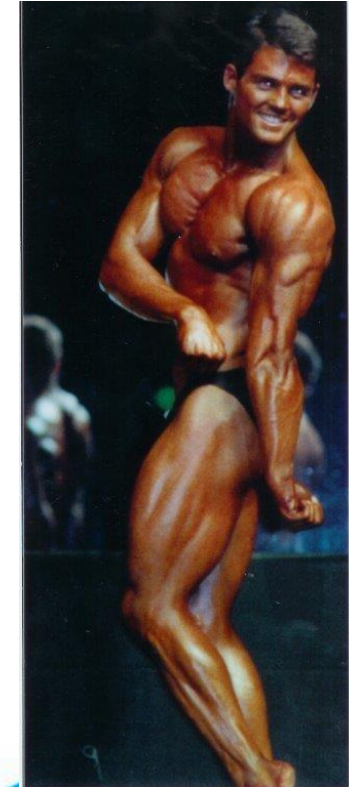
- B3 Bands for Sport Specific Training
- Added 6 inches to Vertical in 6 weeks!



These results were self-reported to by the person pictured. Results will vary for each individual

Former Mr. Indiana

“I can **get a better pump in 15 minutes** than I did when I worked out for 2 hours back in my Bodybuilding days!”



Results

Sally 50 y.o.

Amazing in Just 2 Weeks!

- Body fat dropped 2%
- Muscle increased 2%
- Tighter and More Toned
- Yoga Poses Stronger
- Dramatic drop in Hot Flashes!



These results were self-reported to by the person pictured. Results will vary for each individual

Results

Josh

Rehab Faster & Better!

- Saved his MLS Playing Career
- Recovered from 2nd ACL surgery in $\frac{1}{2}$ the time with the Bands



These results were self-reported to by the person pictured. Results will vary for each individual

Results

Ronnie and Kathy

Get in Shape!

- **Ronnie Lost 21 lbs. in 8 weeks**
- **Sleeping and Feeling Better!**
- **Kathy Lost 12 lbs. in 8 weeks**
- **Feels stronger and younger!**



These results were self-reported to by the person pictured. Results will vary for each individual

Results

Dr. Chris – 75 y.o.

Turn Back the Clock!

- Added 1 Inch to Biceps and 2 Inches to Thighs
- Lost 2 inches off Waist
- No more Pain and Soreness

Feels 25 Years Younger!



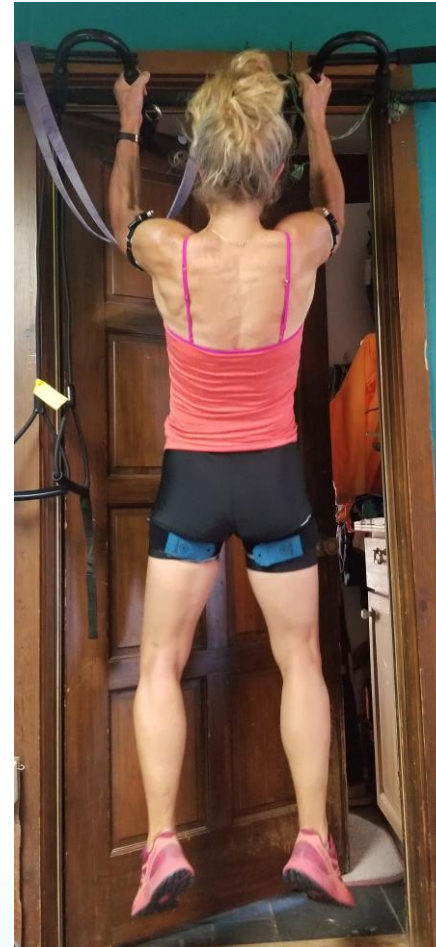
Results

Ingrid - 55 y.o.

Already in Shape!

- 3 Time Olympian
- Lost 3 lbs. of belly fat
- **Increased Pullups by 50%**
- Plus Boost in Cardio performance

Amazing when adding Bands for 40 minutes per week!



Quad Amputee

- Uses Bands on Arms and Legs
- Stimulating Growth Hormone at 82!

These results were self-reported to by the person pictured. Results will vary for each individual

Results

Donna - 82 y.o.



It's Not Over in Middle Age!

- 3 Joint Replacements
- No More 'No Pain – No Gain'

Results

Dr. Mike – 54 y.o.



These results were self-reported to by the person pictured. Results will vary for each individual

Self Reported Changes in Resting BP

Subject #1 – 54 y.o. Male

128/84 to 113/72 in 6 months - 13% reduction

Subject #2 – 58 y/o Female

140/80 to 116/66 in 3 months - 23% reduction

Subject #3 – 75 y/o Male

150/82 to 111/66 in 3 months - 17% reduction

These results were self-reported by people using the B3 Bands. Results will vary for each individual

B3 Bands are Not Intended to Treat CV Disease or Hypertension



Exercise Revolution

Kids 8+

Teenagers

Adults

Athletes at all Levels

Seniors

Injured & Post Surgical

Those with Diseases



Get Elite Level Athlete Results



14-Day Money Back!

Satisfaction Guarantee

- Try Bands for 14 days
- Even Try the Products

If not completely Satisfied, send it back for a 100% Refund!





Disclaimer

The health and fitness benefits are self-reported by users of B3 Products. B3 does not guarantee any specific benefits with the use of its products. Individual results will vary.

The use of B3 products are not intended to diagnose, treat, or prevent disease or illness.

If you have any questions about your health or ability to exercise with or without B3 Products, seek the advice of your doctor.



*½ the Time
½ the Work
Twice the Results!*

Try it for 14 Days!

100% Money Back Guarantee

Be Part of the Exercise Revolution!

A large, thick, blue swoosh graphic that starts from the bottom right and curves upwards and to the left, ending near the bottom center of the page.