



1/2 the Time . . . 1/2 the Work  
Better Results

# The B3 Exercise Revolution

## Consultant Opportunity

*B3 Independent Consultant*



## Current Belief on Exercise

Cross Fit

Lifting Weights

Yoga, Aerobic, Cardio

Long Runs, Hikes, or Bikes

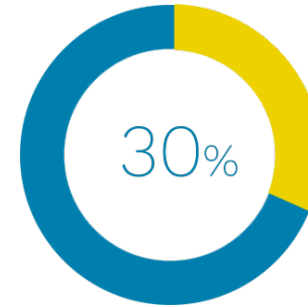
An Hour or More

No Pain . . . No Gain



# Your Belief System

High Intensity / Long Duration Exercise



99% of Population cannot get below 30% O<sub>2</sub>

Sore After & Stress on Joints - Requires Recovery Period

Slow Changes in Muscle, Weight Loss, and Performance



Slow Changes in the Body



# The Problem

Takes 45 minutes or Longer

Hurts the next day : Joint Pain & Inflammation

Recovery period needed – Changes are Slow

**Too Hard, Too Long, and Too Painful!**



# B3 Bands

Scientific Breakthrough!

Less than 20 Minutes

No Weight or Light Weight

Safely Slows Venous Blood Return

Easily Drops Oxygen under 20%

Promotes Growth Hormone Surge!



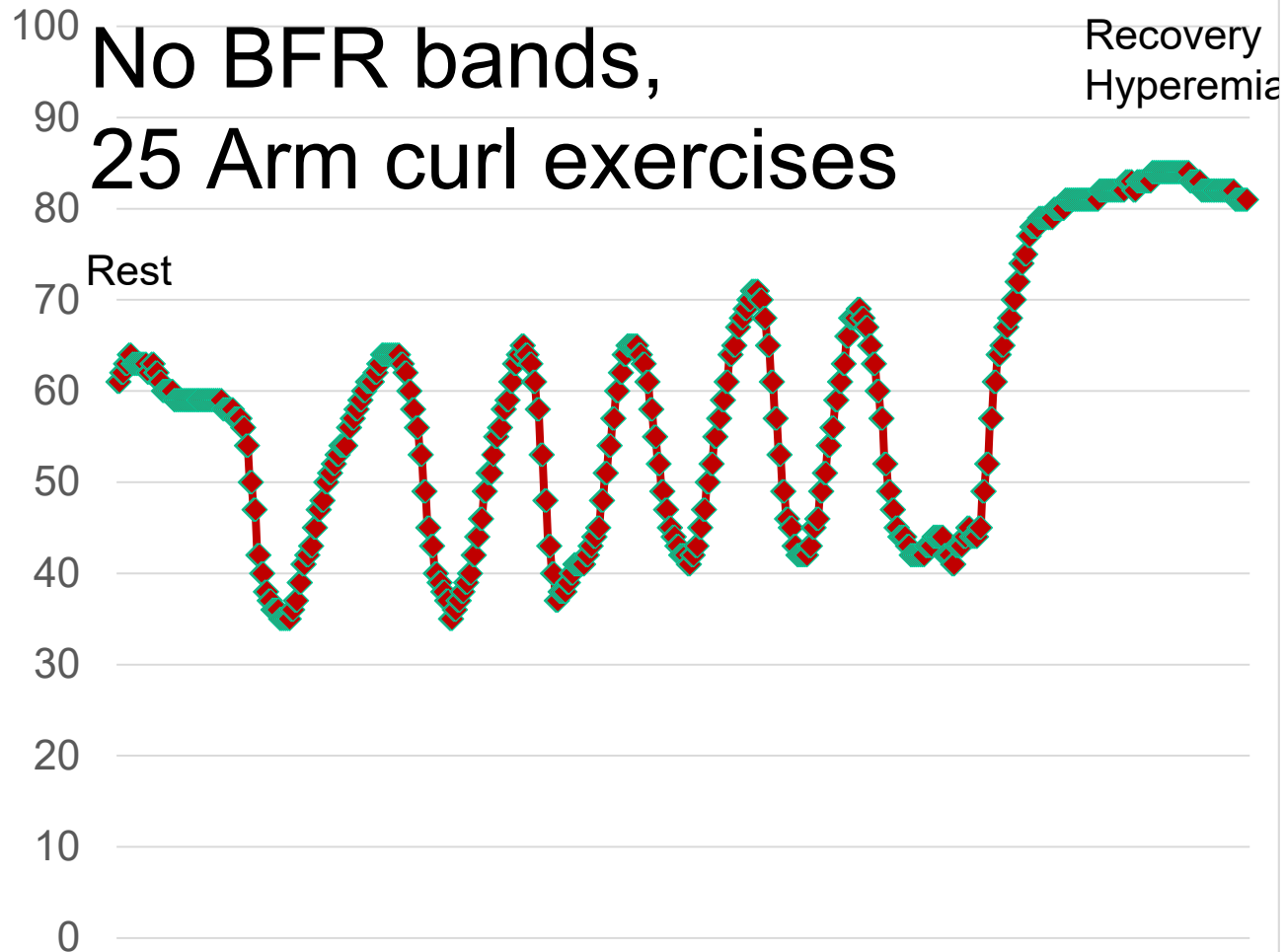
**1/2 the Time, 1/2 the Weight  
Better Results!**



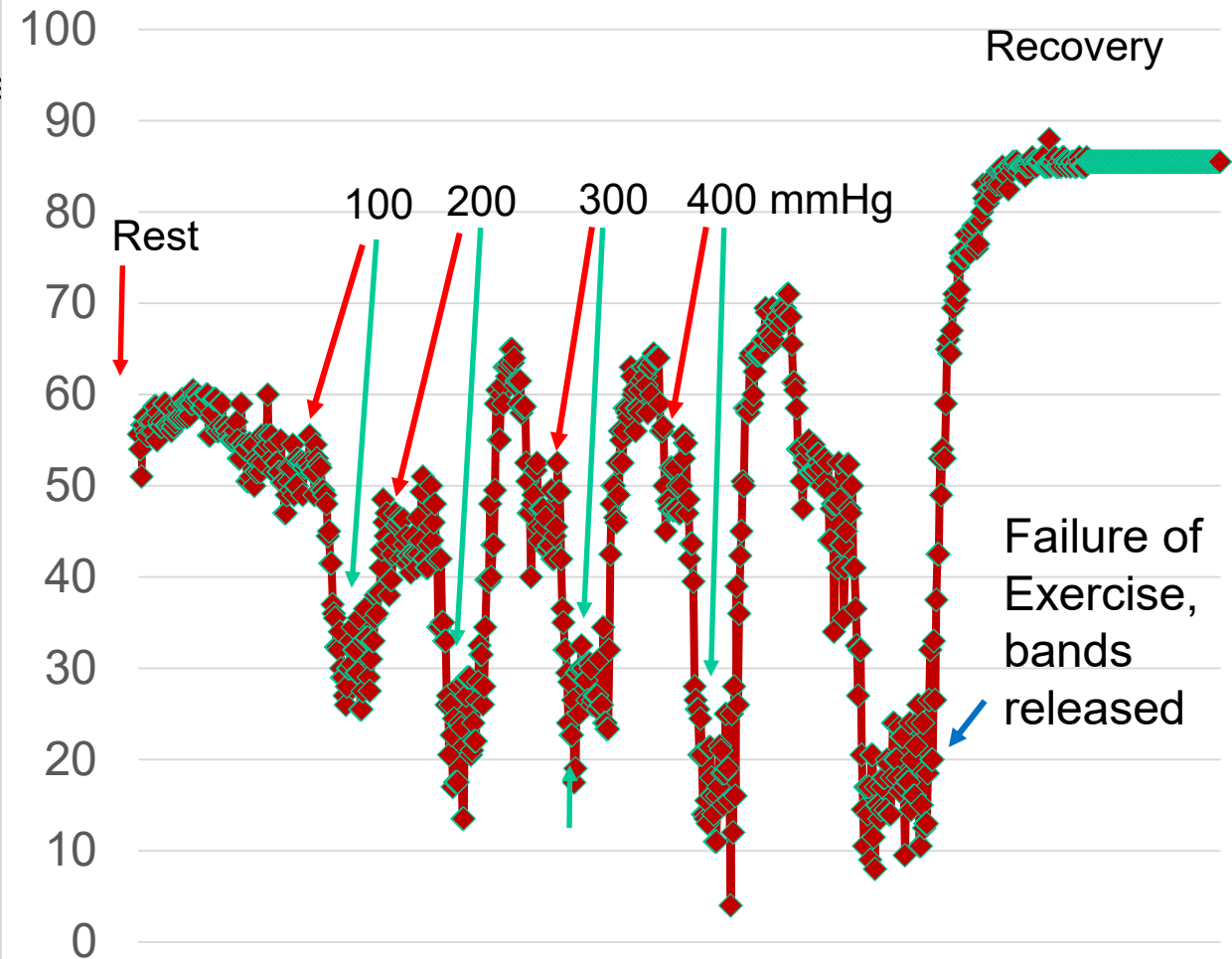
Exercise with BFR  
uses up O<sub>2</sub> in muscle

### Biceps SmO<sub>2</sub> (%)

No BFR bands,  
25 Arm curl exercises



### Biceps SmO<sub>2</sub> (%)



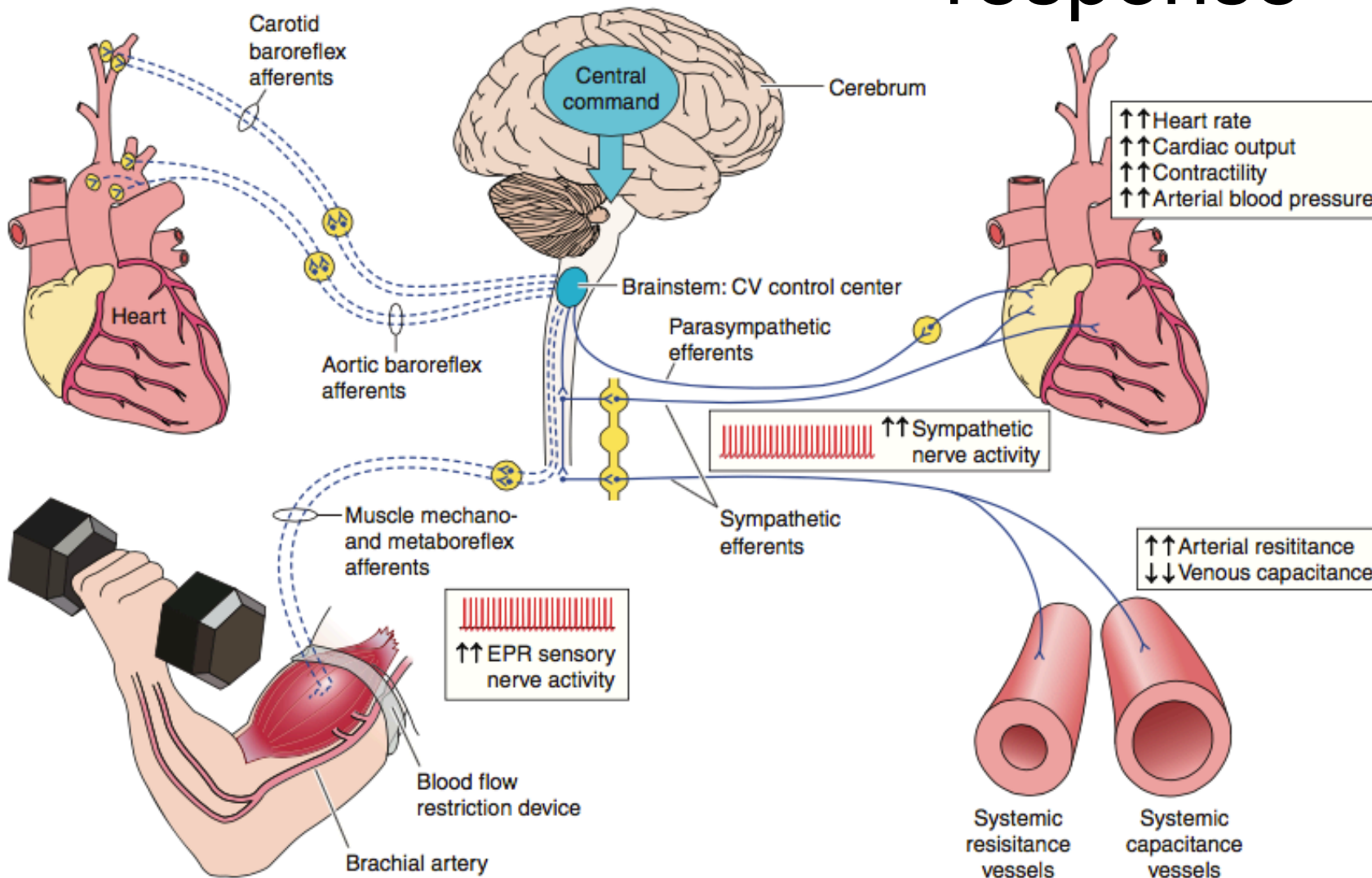
# Systemic neuro-humoral response

## Muscle in Metabolic Crisis

Muscle sends message to brain, "Help!"

Brain responds by

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



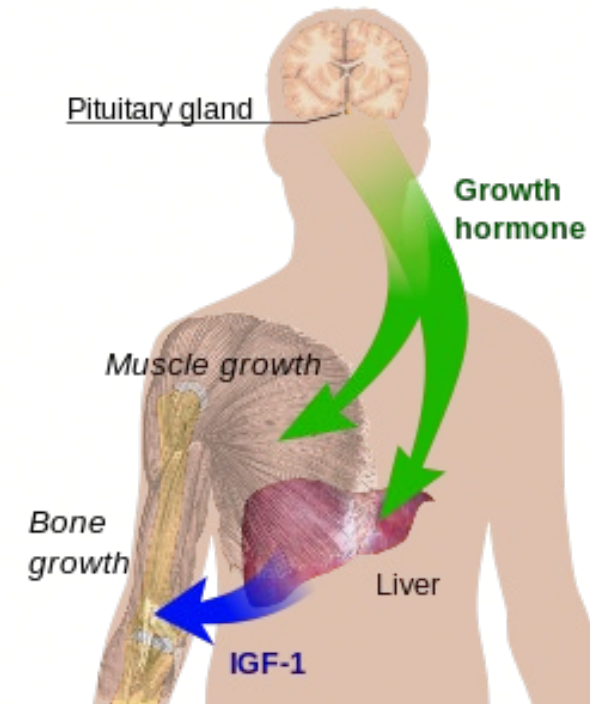
# Growth Hormone Study

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

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

Doing the same exercise with BFR Resulted in . . .

**25 times greater release of GH!**



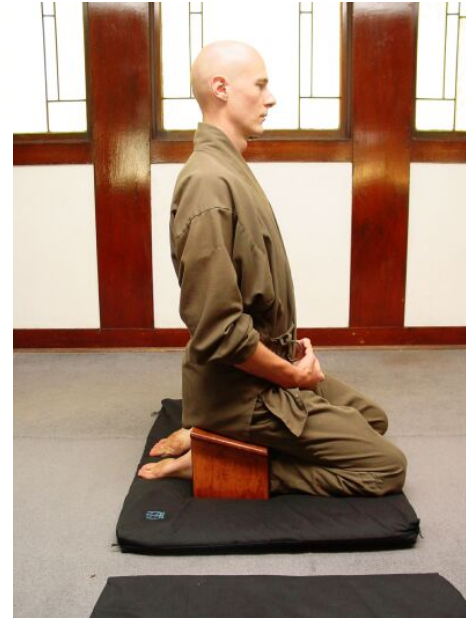






## Epiphany 1966

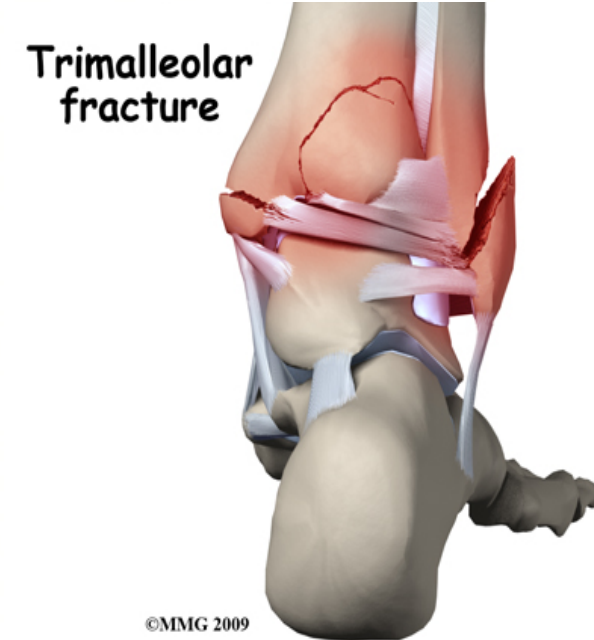
- 18 y.o. Yoshiako Sato
- Prolonged kneeling position
- Felt fatigue in legs
- Walking felt similar to an exhaustive workout



# 1973 Ski Accident

## Ankle Fracture & Knee Injury

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



# The BFR Discovery!

## Used Judo Belt for BFR

- At 6 Weeks when cast came off:

**MIMINAL ATROPHY!**

**FRACTURE WAS HEALED - 1/2 TIME!**



## He Developed KAATSU

- Need to be Certified in KAATSU
- \$2500 and Training Course
- Hooked up to Monitor



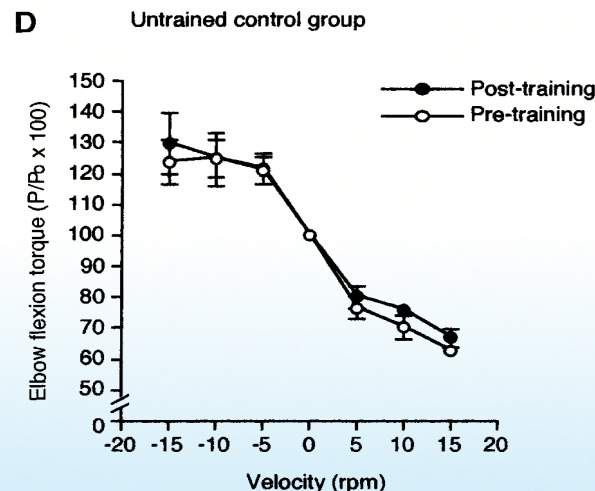
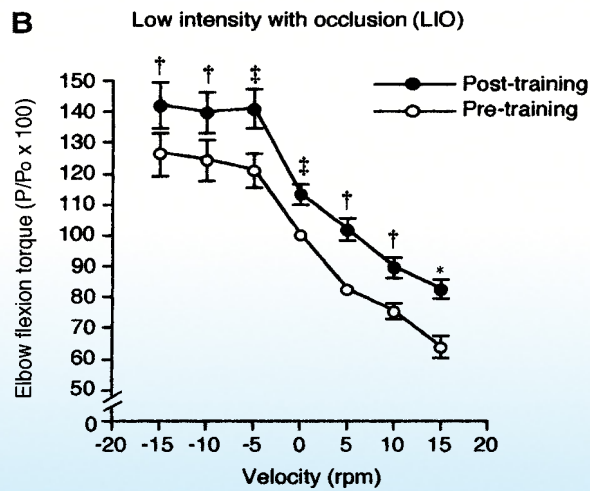
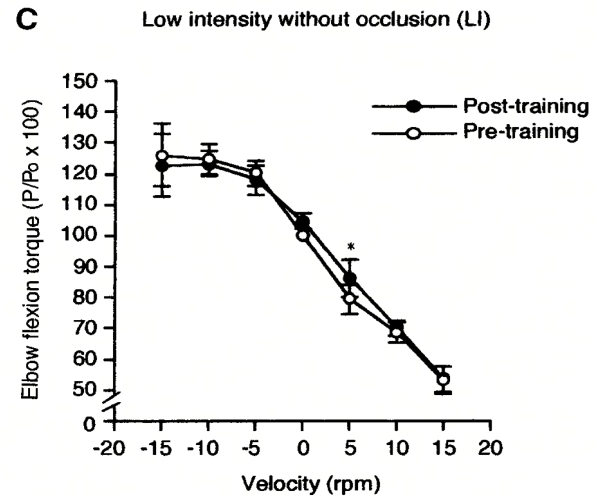
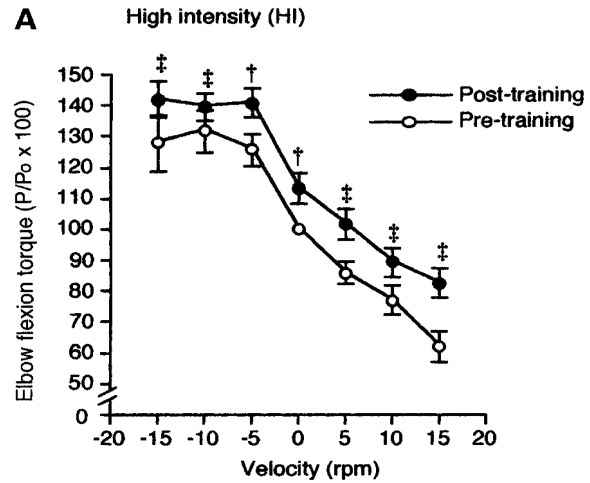
**Not Practical for Adult Fitness**

# A Better BFR Device

- Safe for everyone 9-90
- Easy to Apply & Portable
- Comfortable & Effective
- **Safe**
- Patented Air Bladder Design
- Waterproof & Washable
- **6 Month Warranty**



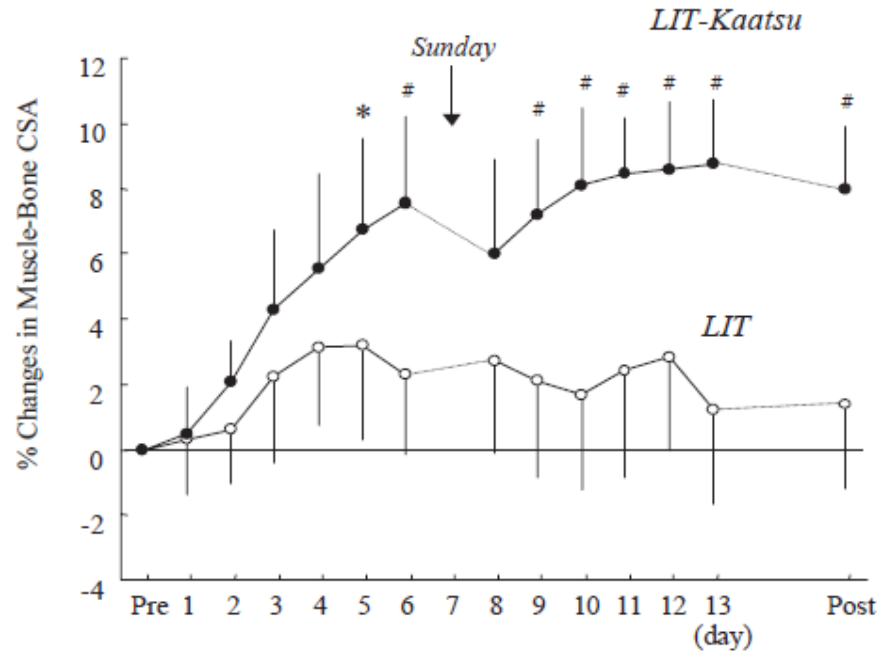
# Light weights + elastic BFR = heavy weights in improving strength



*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.

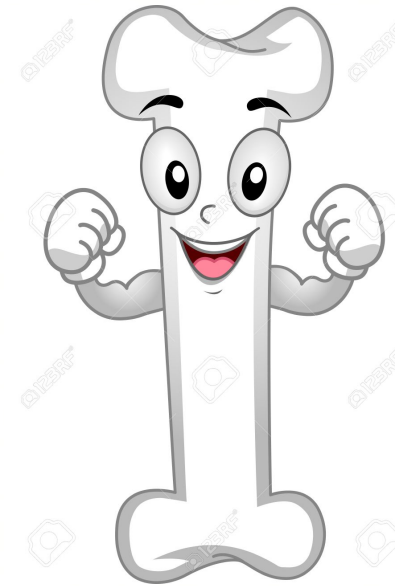


# Increase in Bone Density and Strength

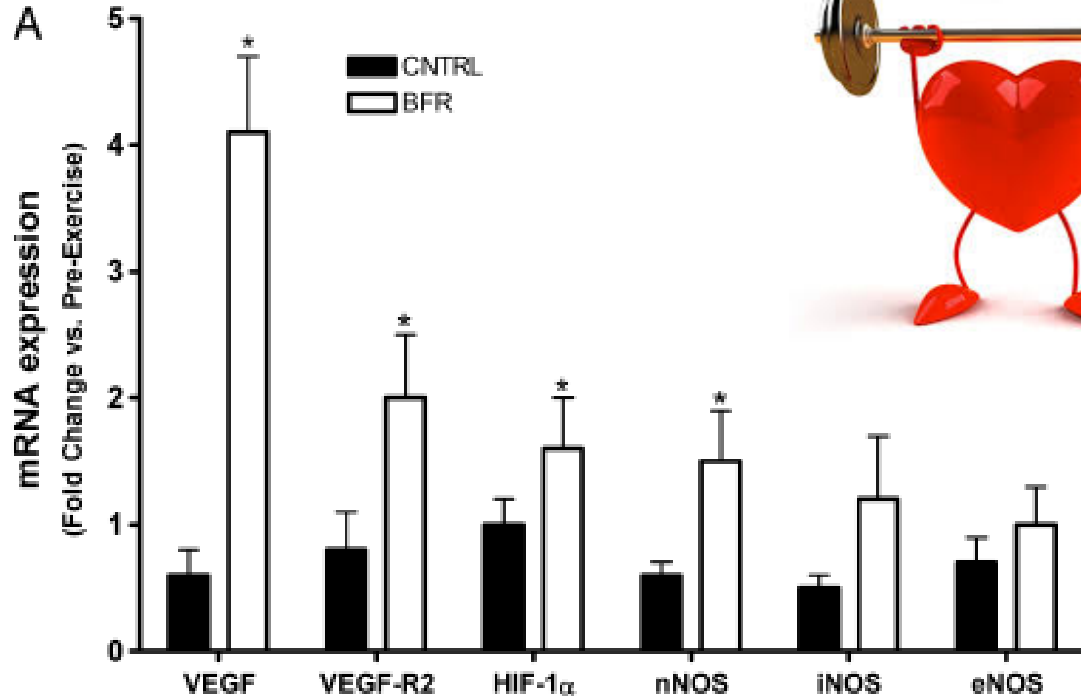
**Table 1.** Percent changes in strength, muscle CSA and blood parameters following 3 weeks of walk training combined with (KAATSU) and without (Control) restriction of leg muscle blood flow.

	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 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.



# Kids Benefit

Without Heavy Weights Strength and Muscle Size changes are Difficult

With B3 Bands, Kids can Workout to an Exhaustive Fatigue Safely with Light Weight

Fitness, Strength, and Muscle changes can happen quickly

Great for Sport Performance Boost!



# Seniors Benefit Too!

Simple Walking or Exercise Bike

Light Exercises with Tubing

Improves Physical Function Quickly

Eliminates Dangerous Load Resistance Training

Potential Bone Density and CV Benefits!



# BFR Training is Safe

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

From Healthy to Advanced Diseased

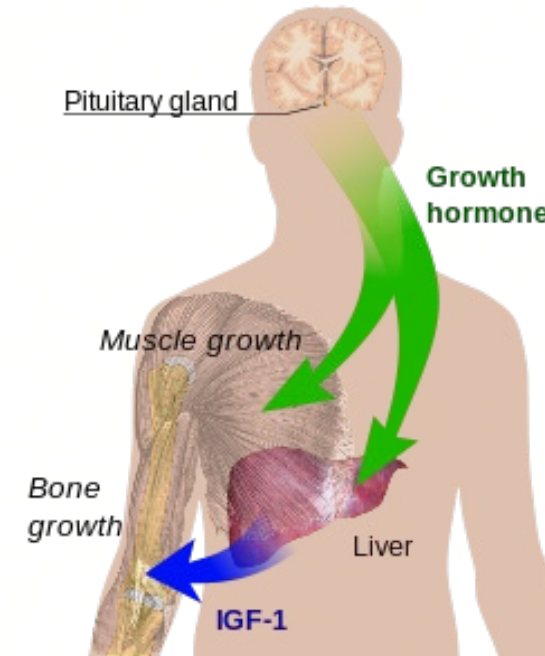
“BFR training is a safe for healthy people, and can also be applied to persons with various kinds of physical condition including cerebrovascular diseases, orthopedic diseases, obesity, cardiac diseases, neuromuscular diseases, diabetes, hypertension, and respiratory diseases”



- Muscle Strength & Size
- Fat Burn & Weight Loss
- Hard & Lean Body
- Better Function & Performance
- Faster Recovery & Healing
- Bone Density and Heart Benefits
- Sex Drive & Sleep Benefits
- YOUNGER looking hair, skin and nails

# Growth Hormone

## Benefits of B3 Bands



Regular B3 Band Exercise  
(Growth Hormone)

+

B3 Nutrition

= Results

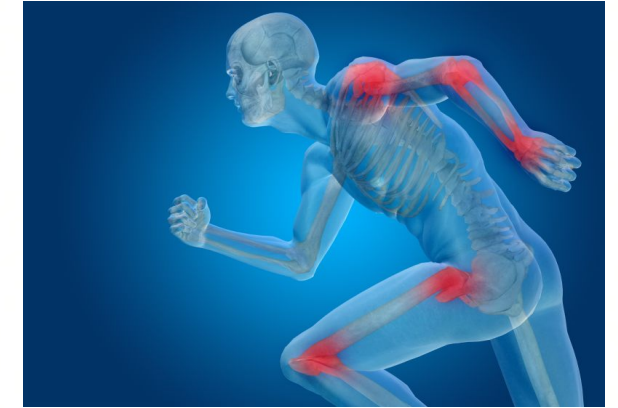


**Start** – Collagen & SuperFoods

**Meal** – Plant Based Meal Shake

**Alert** - Energy and Brain Power

**Satisfy** – Weight Management



Anti-Aging Nutrition Combined  
With Growth Hormone Exercise







# Remarkable Results

Get in Shape

Lose Weight

Tone Up

Build Muscle

Perform Better

Walk for Hyper-Fitness

**Plus Anti-Aging!**



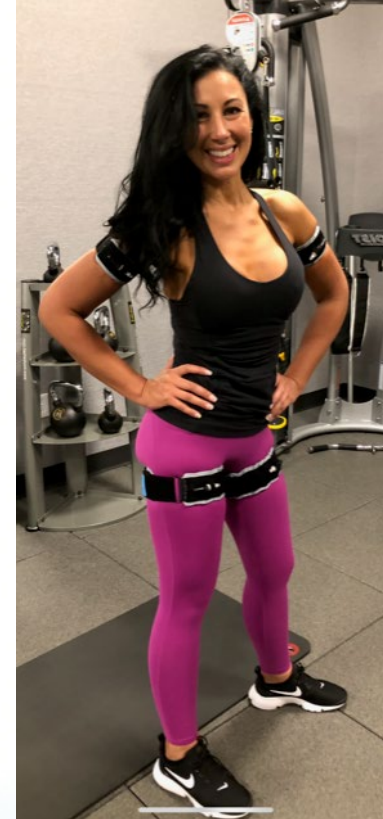
# Results

## Rocio

## Weight Loss in 30 days!

- Reduced Yoga by 25%
- Added **Bands** and **Products** (2x/week)
- Lost 9 lbs. in 30 days!

Takes B<sup>3</sup> Start Every Morning and Drinks B<sup>3</sup> Meal for Lunch!



# Results

Evan

## Build Muscle!

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

Takes B<sup>3</sup> Start and B<sup>3</sup> Meal everyday!



# Results

Julie

## 55 y.o. – Beating Cancer!

- Bone Marrow Treatment– June 2018
- Started B<sup>3</sup> Bands Same Time
- Stronger after Treatments thanks to B<sup>3</sup> Bands!

Drinks B<sup>3</sup> Meal Everyday!



## Perform Better

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

## Results

Emily

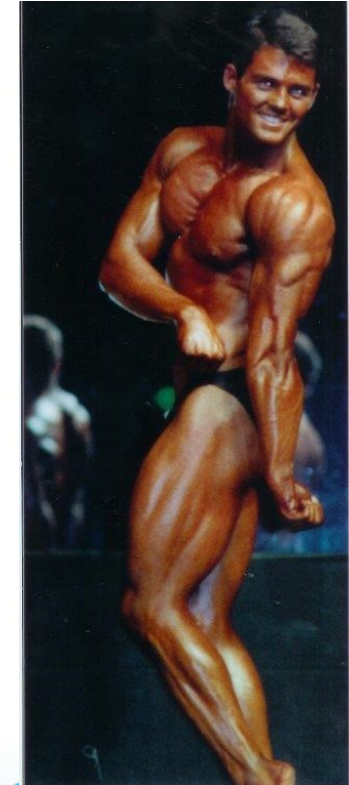


These results were self-reported to by the person pictured. Results will vary for each individual

## 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!”

Drinks B<sup>3</sup> Start and Feels Younger and Joints Feel Great!



# 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!

Loves B<sup>3</sup> Start and B<sup>3</sup> Satisfy to turn off Hunger!



# Results

Josh

## Rehab Faster from Surgery

- Saved his MLS Playing Career
- Recovered from 2nd ACL surgery in ½ the time with the B3 Bands
- In Best Shape of His Life due to hiking Mountains with B3 Bands!

Takes B3 Start every morning and uses B3 Alert before exercising





# Results

Ronnie and Kathy

## Walk for Hyper-Fitness!

- Ronnie Lost 21 lbs. in 8 weeks
- Kathy Lost 12 lbs. in 8 weeks

They Walk the Dog for 15 Minutes wearing their B<sup>3</sup> Bands

Ronnie Loves B<sup>3</sup> Start – Feels Younger!  
Kathy use B<sup>3</sup> Satisfy to stop Hunger!



## Turned Back the Clock in 30 Days!

- Added 1 Inch to Arms - 2 Inches to Thighs & Lost 2 inches off Waist
- No more Pain and Soreness.
- Fired his Personal Trainer!

Takes B<sup>3</sup> Start Every Morning & Feels 25 Years Younger!

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

## Results

Dr. Chris – 75 y.o.



## Quad Amputee

- Uses B<sup>3</sup> Bands on Arms and Legs
- Stimulating Growth Hormone at 82!
- Within 2 weeks she felt Stronger and had more Energy!

Loves the B<sup>3</sup> Start for Collagen!



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 Olympic Level Athlete Results



# The B3 Market

BFR Fast Emerging in USA  
Universities Starting Programs  
Pro Athletes are Using It  
245 Million Adults in the USA



Accepting 1000 Founders!





# 5 Year Plan

'Exercise Revolution

Use Social Networking

Goal: 1 Billion in Annual Sales



***Goal: 400 Million in Annual Commissions***

Realistic?

## Similar Companies

Beach Body

Advocare

Achieved 1 Billion in USA Sales

*Science Based Exercise Technology*

*½ the Time, ½ The Work, Better Results*







# How you can Cash In!

Use B3 Bands & Products

Change Your Exercise & Results

Plug into the B3 System

Tell your Friends!

People are Already Doing It





# First Month



Judyann & Dave Klco \$1200



# First Month



Craig Kuhr \$1165

Mason Kuhr \$800

# First Month



Dr. Chris Freeman \$3800



First Month



Hollie Oliver \$6200





# Founders Program

Limited Time

Limited to First 1000 Consultants

First Positions in the Tree at the Top

2% Company Sales Founders Pool

Lifetime Title of B3 Founder

Personal Assistance from Dr. Mike





# B3 Founder

Optional

## Family Package

\$999.99 (\$1200 Value)

- 2 Sets of B3 Band Systems
- Fit Nutrition Products
- B3 Gear
- Success Membership



## Lifetime Founder Benefits



# Optional Packages

Lifestyle Package - \$699.99

Fitness Package - \$499.99

Nutrition Package - \$199.99







# 14-Day Money Back!

## Satisfaction Guarantee

- Try Bands for 14 days
- Even Try the Products

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





# Monthly Order

Monthly Order - \$50

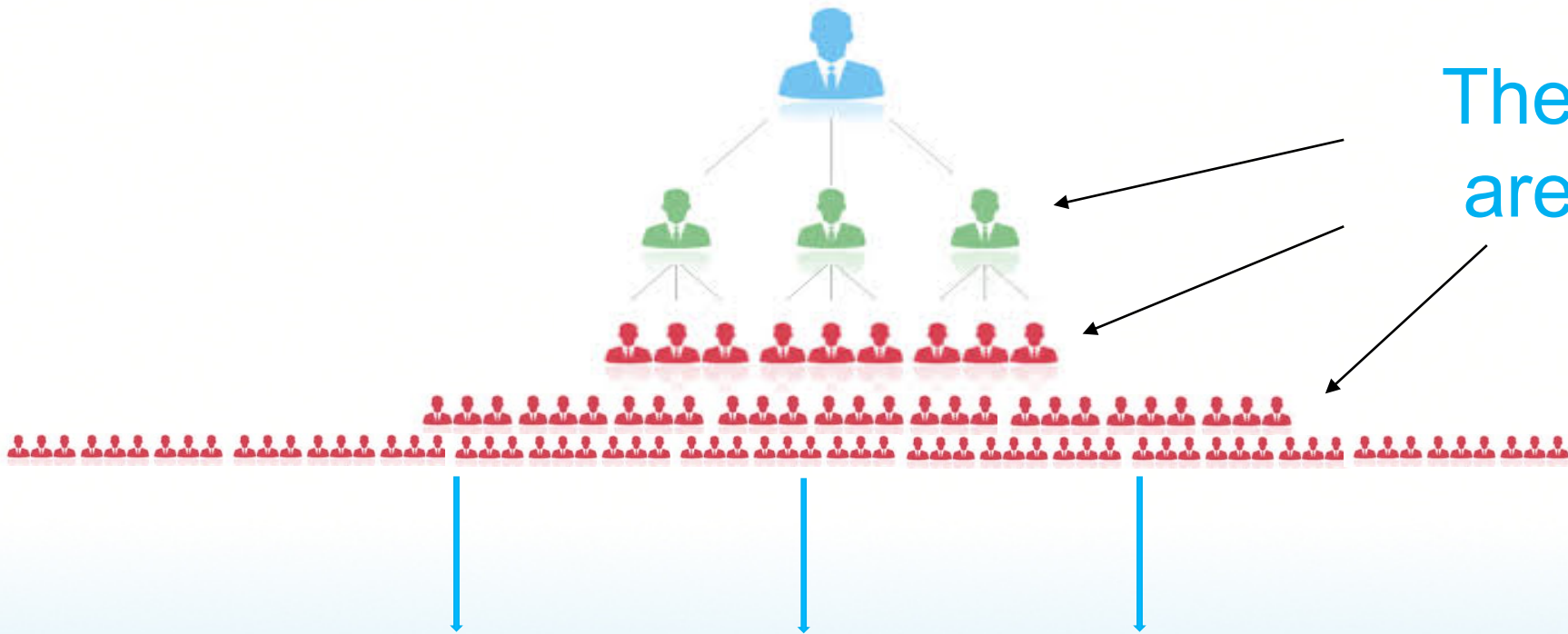
- Personal Order
- Customer Order

Keeps you Active for Maximum  
Commissions & Bonuses



# You are Placed In Next Position

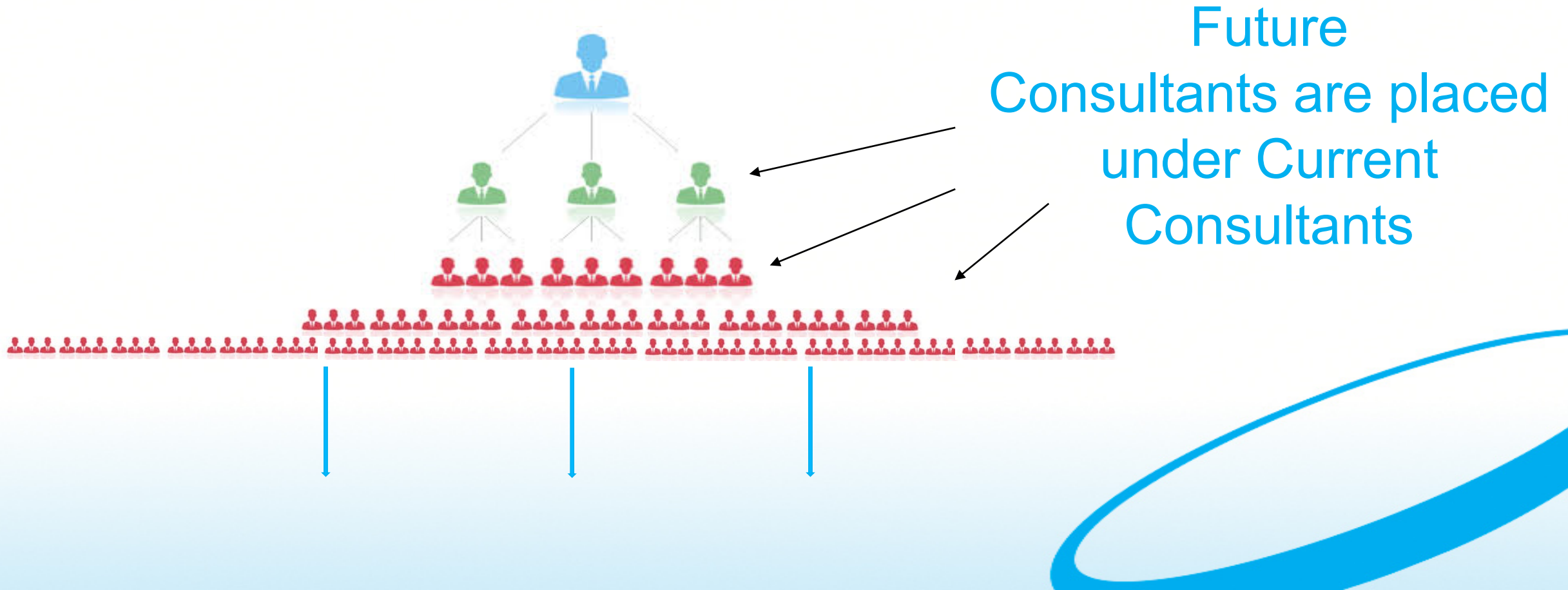
## Positions Matters



These Positions  
are Filling Fast



# SPILL Factor



# 10 Step System

- 10 Emails with 10 Steps
- Complete 1 Step at a time at your own Pace
- Ask Questions before proceeding to the Next Step
- Simple Steps to Financial Freedom!



Follow the Success Path!



*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.



# 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.

The income earning representations in this Presentation are for demonstration purposes to assist you in understanding how commissions and bonuses can be generated on sales of B3 products.

B3 does not guarantee any level of success or income from the Consultant opportunity. Each Consultant's income depends on his or her own time devoted, effort, skill, as well as luck.

See the full terms of the B3 Compensation Plan for full details.

Live Healthy, Live Fit, Live Strong



Live in Luxury

