

Fitness in $\frac{1}{2}$ the time!



B3 Bands are the product of 40+ years of research and over 100,000 real life exercise sessions! The B3 Bands are based on a scientific discovery that uses BFR (BloodFlow Restriction). This process uses the body's natural systems with light weight-training to produce results that will change the way you exercise forever.

- Get Leaner and Toned quickly
 - Build Muscle faster
- Get Stronger with less weights
- Get Back in Shape with exercise
- Lose Weight Fast and keep it off
- Strengthen your Cardio System
 - Perform Better
- Rehab Faster from Surgery



What happens in my Body when I use B3 Bands?

- Light exercise with B3 Bands produces a quick and easy muscle fatigue
- This sends a signal to the brain. Your brain responds by releasing HGH. HGH is the most powerful hormone in the body.
- The body responds by stimulating positive changes in muscle, and in your cardiovascular system, and many other vital body systems
- Because you used light weights or have done light exercise, the recovery time will be reduced.
- Many people who experience pain from exercise, quickly see these diminish or disappear.
- Best of all you are done in a fraction of the time that it takes for normal exercise.

Without B3 Bands

1 hr Heavy Weights
2 miles walking
45 min of cardio
1 hr aerobics / yoga
1 hr bike / run
20 laps swimming
45 min training
1 hr rehab

With B3 Bands

20 min Light Weights
1/2 mile walk
10 min of cardio
20 min aerobics / yoga
15 min bike / run
10 laps swimming
20 min training
20 min rehab

You can exercise in $\frac{1}{2}$ the Time,
with $\frac{1}{2}$ the Weight, and get
BETTER RESULTS!

