

# What are B3 Bands?

The B3 Bands use Blood Flow Restriction Training (BFR) to create a natural and safe manipulation of the body's circulation system.

While doing light exercise with the B3 Bands on, blood exiting your arms and legs is safely slowed down. This reduction in blood flow reduces available oxygen allowing your muscles to fatigue faster with less work.

When the muscle fatigues, a signal is sent to your brain, which results in a natural Human Growth Hormone (HGH) release that is up to 25 times greater than HGH release from regular exercise. These hormones send a signal back to your muscles to stimulate them. This results in positive changes that most people have never seen before.

In addition, this HGH release promotes increased performance, improved energy levels, as well as other anti-aging and rejuvenating effects on your whole body!

**Anyone from 8-80 can safely use B3 Bands.**

## Health Benefits

- Reduce fat, increase muscle
- Improve strength and endurance
- Boost energy and sleep better
- Heart, bone & brain benefits
- Improve performance in your sport

*With all exercise programs, you're encouraged to consult your physician about any conditions or concerns about beginning an exercise program*



**Bands Set Includes**

**2 Arm Bands, 2 Leg Bands, a Pump and a Case**

**Set of Exercise Tubing**

**Access to Exercise Guides and Videos**

**Life time assistance from a B3 Coach**



**B<sup>3</sup> SCIENCES**

Be Healthy, Be Fit, Be Strong



**1/2 the time!**

**1/2 the weight!**

**BETTER RESULTS!**





**B3 Bands are the product of 40+ years of research and over 1 million real life exercise sessions! The B3 Bands are based on a scientific discovery that uses BFR (Blood Flow Restriction). This process uses the body's natural systems with light weight-training to produce results that will change the way you exercise forever.**



**What does exercise look like with B3 Bands?**

**Get leaner and toned quickly**  
**Build muscle faster**  
**Get stronger with less weights**  
**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, 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 their pain diminish or disappear.

Best of all you are done in a fraction of the time that it takes for normal exercise.

Without B3 Bands	With B3 Bands
1 hr Heavy Weights	20 min Light Weights
2 miles walking	1/2 mile walk
45 min of cardio	10 min of cardio
1 hr aerobics/yoga	20 min aerobics/yoga
1 hr bike/ run	15 min bike/ run
20 laps swimming	10 laps swimming
45 min training	20 min training
1 hr rehab	20 min rehab

