



# UPPER BODY EXERCISES

## **MALE BODYBUILDER FOR MUSCLE HYPERTROPHY (ARMS, CHEST, BACK)**

1. KAATSU Arm Bands with hand clenches and biceps curls
2. KAATSU Arm Bands with resistance bands (forwards + sideways)
3. KAATSU Arm Bands with push-ups
4. KAATSU Arm Bands with TRX body weight exercises
5. KAATSU Arm Bands with bench press

## **YOUNG FEMALE FOR SUMMER BIKINI BODY (ARMS, CHEST, BACK)**

1. KAATSU Arm Bands with standing push-ups
2. KAATSU Arm Bands with isometric pushes #1 (chest)
3. KAATSU Arm Bands with isometric pushes #2 (triceps)
4. KAATSU Arm Bands with side bends with lightweights
5. KAATSU Arm Bands with upright rows

## **ACTIVE BABY BOOMER (50+ YEARS OLD) FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Arm Bands with kneeling push-ups
2. KAATSU Arm Bands with isometric pushes #1 (chest)
3. KAATSU Arm Bands with resistance band stretch #2 (triceps)
4. KAATSU Arm Bands while walking and biceps curls with lightweights
5. KAATSU Arm Bands with upright rows with water bottles

## **DE-CONDITIONED SEDENTARY WHITE COLLAR EMPLOYEE FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Arm Bands while writing emails
2. KAATSU Arm Bands while talking on the telephone
3. KAATSU Arm Bands with isometric flexing of arms
4. KAATSU Arm Bands with hand clenches
5. KAATSU Arm Bands with upright rows with water bottles

## **INACTIVE OLDER INDIVIDUAL FOR BALANCE AND RANGE OF MOTION**

1. KAATSU Arm Bands with shoulder press
2. KAATSU Arm Bands with shoulder stretches (deltoids)
3. KAATSU Arm Bands with shoulder stretches (pecs + triceps)
4. KAATSU Arm Bands while widening fingers and closing/opening hand
5. KAATSU Arm Bands while rolling ball on palm of hands



# LOWER BODY EXERCISES

## **MALE BODYBUILDER FOR MUSCLE HYPERTROPHY (QUADS, HAMSTRINGS, CALVES)**

1. KAATSU Leg Bands with non-lock quarter squats
2. KAATSU Leg Bands with pistol squats
3. KAATSU Leg Bands with leg press
4. KAATSU Leg Bands with inverted heel raises
5. KAATSU Leg Bands on rowing machine

## **YOUNG FEMALE FOR SUMMER BIKINI BODY (QUADS, GLUTES, HAMSTRINGS)**

1. KAATSU Leg Bands with non-lock quarter squats
2. KAATSU Leg Bands with standing leg curls
3. KAATSU Leg Bands with jump rope
4. KAATSU Leg Bands while jogging on treadmill
5. KAATSU Leg Bands on stationary bicycle

## **ACTIVE BABY BOOMER (50+ YEARS OLD) FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Leg Bands while walking with book on head
2. KAATSU Leg Bands with standing leg curls (without holding wall or chair)
3. KAATSU Leg Bands with leg lifts
4. KAATSU Leg Bands while walking on treadmill
5. KAATSU Leg Bands on horizontal leg curls (while laying down)

## **DE-CONDITIONED SEDENTARY WHITE COLLAR EMPLOYEE FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Leg Bands while walking with water bottles
2. KAATSU Leg Bands with standing leg curls (while holding onto wall or chair)
3. KAATSU Leg Bands with sitting leg extensions
4. KAATSU Leg Bands while stretching heels on inverted board
5. KAATSU Leg Bands on horizontal leg curls (while laying down)

## **INACTIVE OLDER INDIVIDUAL FOR BALANCE AND RANGE OF MOTION**

1. KAATSU Leg Bands while standing up and sitting down
2. KAATSU Leg Bands while moving body from horizontal to vertical
3. KAATSU Leg Bands with leg contractions
4. KAATSU Leg Bands with toe raises
5. KAATSU Leg Bands with sitting heel raises



# CORE EXERCISES

## **MALE BODYBUILDER FOR MUSCLE HYPERTROPHY**

1. KAATSU Arm Bands with planks
2. KAATSU Leg Bands with planks
3. KAATSU Leg Bands with light kettlebells, moving both arms in asymmetric manner, and standing on one leg
4. KAATSU Leg Bands, 3 sets of upward leg extensions (each leg) on side
5. KAATSU Leg Bands, 3 sets of straight leg lifts (both legs) while on back

## **YOUNG FEMALE FOR SUMMER BIKINI BODY**

1. KAATSU Arm Bands with planks
2. KAATSU Leg Bands with planks
3. KAATSU Leg Bands with water bottles, moving both arms in asymmetric manner, and standing on one leg
4. KAATSU Leg Bands while walking with a book on head
5. KAATSU Leg Bands while standing and squatting on a half Bozu ball

## **ACTIVE BABY BOOMER (50+ YEARS OLD) FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Leg Bands while walking in sand without shoes
2. KAATSU Leg Bands while doing standing leg curls
3. KAATSU Leg Bands with water bottles, moving both arms in asymmetric manner, and standing on one leg
4. KAATSU Leg Bands while walking with a book on head
5. KAATSU Leg Bands while standing on a half Bozu ball

## **DE-CONDITIONED SEDENTARY WHITE COLLAR EMPLOYEE FOR MUSCLE TONE AND IMPROVED BMI**

1. KAATSU Leg Bands while walking in office
2. KAATSU Leg Bands while doing standing leg curls
3. KAATSU Leg Bands with water bottles in each hand, standing on one leg
4. KAATSU Leg Bands while walking with a book on head
5. KAATSU Leg Bands while bending to the right and left side

## **INACTIVE OLDER INDIVIDUAL FOR BALANCE AND RANGE OF MOTION**

1. KAATSU Leg Bands while walking
2. KAATSU Leg Bands while sitting up and extending both arms up in air
3. KAATSU Leg Bands while standing on one leg (holding a chair for balance)
4. KAATSU Leg Bands while standing straight and then bending forward
5. KAATSU Leg Bands while bending to the right and left side



# SKIN ELASTICITY EXERCISES

1. KAATSU Arm Bands while doing forward and backward shoulder rolls
2. KAATSU Arm Bands while stretching shoulders by reaching one arm across the front of the chest and pulling it with the other arm
3. KAATSU Arm Bands while repeatedly saying the vowels (“...A-E-I-O-U...”)
4. KAATSU Arm Bands while moving head forwards, backwards, and sideways as neck is flexed
5. KAATSU Arm Bands while keeping head straight and moving eyes left and right, upwards and downwards

## ABOUT KAATSU

KAATSU is the world-leader in blood flow moderation training and therapy. Invented in 1966 by Dr. Yoshiaki Sato in Tokyo, Japan and protected by 47 patents, our equipment and protocols have an impressive and unprecedented safety track record with over 20 million individual KAATSU sessions in dozens of countries across the globe. From elite athletes, to baby boomers, and everyone in between, KAATSU is the ultimate biohack for health and rehabilitation.

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