

B.F.R- FAQ

What does BFR mean?

Blood Flow Restriction or Occlusion Training.

What do BFR bands do? This training method is popular within the weight lifting community, it is a great way to gain strength and grow muscle. This system reduces blood flow while keeping heart rate at a consistent pace. This energy releasing effect increases fluid to remain in the buttocks ultimately leaving a plumped look.

Are BFR bands harmful?

Research indicates no evidence of BFR - Blood Flow is not harmful if utilized properly. If this is a new form of training for you we do encourage you to consult with your doctor first to ensure BFR bands are right for you.

DO NOT PURCHASE J|ESPERE BFR bands if?

- You are pregnant
- You have recently given birth (consult with your medical professional doctor)
- Existing untreated deep vein thrombosis (DVT's)
- Any on-going medical emergency
- Band placement on a limb with lymphedema or vascular access
- Untreated hypertension
- Sickle Cell Disease
- You have any medical conditions or complications (consult with your medical professional doctor)

How to wear my BFR band?

Our BFR bands are created for legs only. Place bands on thigh area, snug below buttocks. Research indicates tightness it should be a 7/10. It is very important that you are NOT cutting off blood supply.

How long should I wear my BFR Bands?

We recommend BFR bands be worn only during lower body workouts for no more than 30 minute time period.

How should I use my BFR band?

- body weight workout
- Light weight workout
- Home workout

When should I stop using my BFR bands?

Remove BFR bands immediately if you experience any discomfort or pain. Consult with your doctor If any tingling, numbness, or change of skin color occurs. If BFR training is new to you consult with your medical professional before purchasing.

*****J|ESPERE COLLECTOION DISCLAIMER*****

The use of J|ESPERE Collection BFR bands is at the risk and discretion of the user. We are not responsible for any injury or harm that may occur directly or indirectly while using J|ESPERE Collection BFR bands. Please consult with your medical professional.