

- Get leaner and toned quickly
- Build muscle faster
- Get stronger with less weight
- Lose weight fast and keep it off
- Strengthen cardio system
- Perform better
- Rehab faster from surgery
- Improved sleep
- Anti-aging & rejuvenation



## What are B3 Bands?

- B3 Bands use Blood Flow Restriction (BFR) Training to safely slow down blood flow in your arms and legs.
- Wearing B3 Bands during light exercise slows down blood exiting your arms and legs, reducing oxygen availability & causing your muscles to fatigue faster with less effort.
- When muscles fatigue, a signal triggers Human Growth Hormone (HGH) release up to 25x higher than with regular exercise. This HGH increases metabolism and stimulates muscle growth, resulting in positive changes.
- HGH release enhances performance, energy levels, and provides anti-aging and rejuvenating effects throughout your 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 sports performance

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

## What happens in my body when I do BFR?

1. Light exercise with B3 Bands makes your muscles fatigue quickly and easily.
2. This triggers your brain to release HGH, the most powerful hormone in the body. HGH promotes positive changes in your muscles, cardiovascular system, and other vital systems.
3. Using light weights or doing light exercise means you'll recover faster.
4. Many people find that pain is reduced after BFR exercise.
5. Best of all, you finish your workout in much less time than normal exercise.



Without B3 Bands	With B3 Bands
1 hr heavy weights	10 mins light weights
2 miles walking	1/2 mile walk
1 hr aerobics/yoga	10 mins aerobics/yoga
1 hr bike/run	10 min bike/run
20 laps swimming	10 laps swimming
45 mins training	20 mins training
1 hr rehab	20 mins rehab
1 hr in the gym	20 mins at home/gym



B3 Bands are the result of over 40 years of research & more than 1 million real-life exercise sessions



What do I get with my B3 Bands package?

- 2 Arm Bands, 2 Leg Bands, and a Pump Set of Exercise Tubing
- Access to Exercise Guides and Videos
- 30 Day Free BFR Coaching
- 30 Day Money Back Guarantee



instagram:



facebook:



youtube:



B<sup>3</sup> B3 SCIENCES



B3 BFR BANDS

1/2 the time, 1/2 the weight, better results