



# MODULE 0

## Introduction & Course Overview

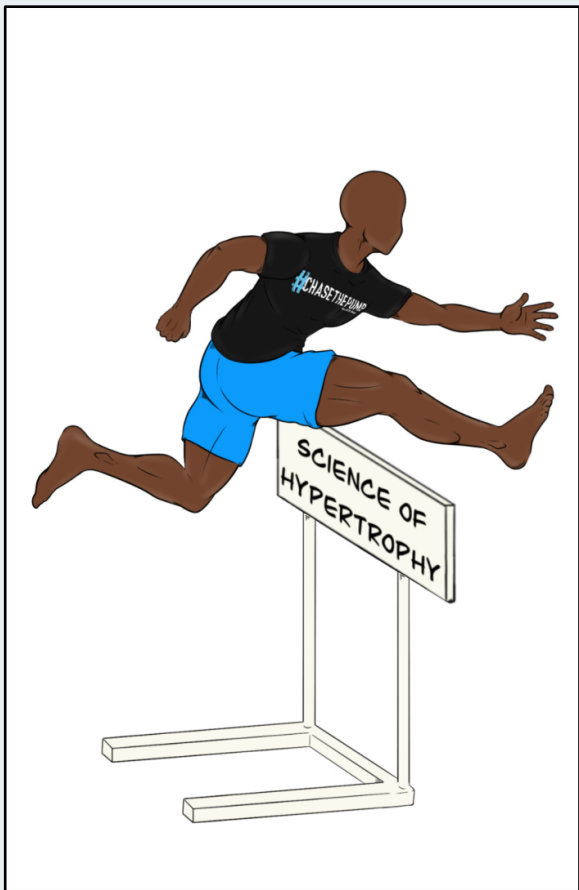


- BFR has been around for 50 years
- Now becoming mainstream
- 13-Module Course
- Build your confidence
- To be the best BFR provider possible









# Modules 2 through 5

- **Module 2:** History of BFR
- **Module 3:** Consequences of injury & disuse
- **Module 4:** Role of BFR Training
- **Module 5:** Fatigue & Exertion





SCIENCE OF  
HYPERTROPHY

TRAFFIC LIGHTS  
(SAFETY)

EFFECTIVE  
COMMUNICATION



CONFIDENCE

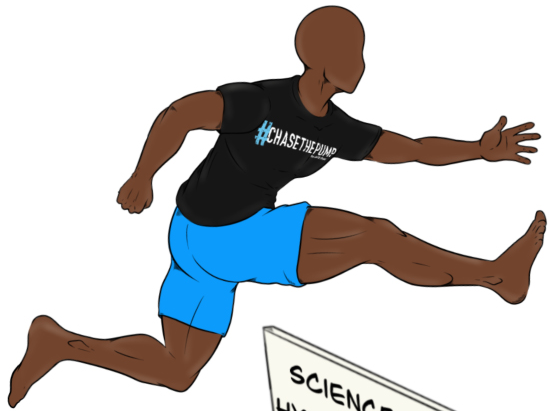




# Modules 6 and 7

- **Module 6: Primary Mechanisms of BFR**
- **Module 7: Safety**





SCIENCE OF  
HYPERTROPHY

TRAFFIC LIGHTS  
(SAFETY)

EFFECTIVE  
COMMUNICATION



CONFIDENCE



# Modules 8 through 12

- **Module 8: Pillar 1 | Cell Swelling**
- **Module 9: Pillar 2 | Aerobic Training**
- **Module 10: Pillar 3 | Resistance Training**
- **Module 11: Programming BFR**
- **Module 12: Other BFR Applications**



# Included in Our Course

1. Waiver/Liability Form
2. Screening Form
3. List of Precautions & Contraindications
4. RPE OMNI-RES Tool Supplement
5. General Nutrition Supplement
6. Aerobic & BFR Sample Program
7. BFR Device Discount Coupons
8. Recommended Reading Material



# Included in Our Course

9. Downloadable PDF of Course
10. Link to BFR Marketing Video
11. Access to Private Facebook Group

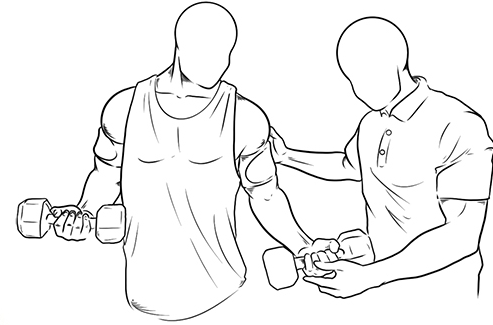


# THE BFR CIRCLE OF VIRTUE

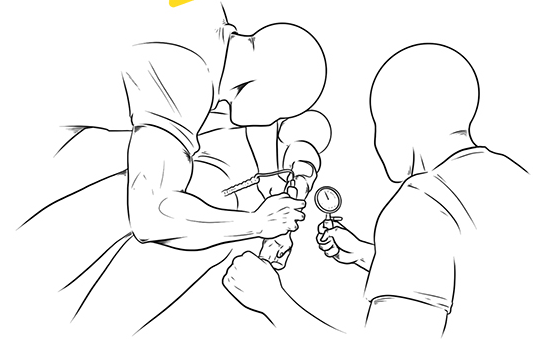
**...we can make the world  
a better place!**



**...and more practice,  
practice, practice!**



**Only with  
practice...**





**BFR: Better for Results®**

