



FOR CORE AND LOWER BACK

BENEFITS

Although KAATSU Air Bands are placed on your arms and legs, its effects are felt and seen throughout the body, including the core and lower back. You may not be motivated to do planks, crunches and other abdominal work, but you can do simple KAATSU exercises to tighten your core and strengthen lower back.

PROTOCOL

1. Sit straight up in a chair with KAATSU Leg Bands. Slowly exhale while slowly leaning forward, tightening your abs until your stomach is close to your legs. Hold and then slowly inhale air on the return to a sitting position with good posture. Repeat.
2. Stand on one foot with KAATSU Leg Bands. Balance on one leg as long as possible. After balance is lost, rest for 20 seconds and repeat 2 more times. Then repeat on your other foot.
3. Place a book on your head and walk slowly until the book falls off with KAATSU Leg Bands on. Rest 20 seconds and repeat two more times. Walk slowly with good posture, especially on uneven surfaces like a sandy beach.
4. Stand on one foot while holding a water bottle in each hand with KAATSU Leg Bands. Hold the water bottles in your outstretched arms and stand as long as possible on one leg. Repeat when balance is lost. Then balance on your other foot. You can move your outstretched arms left and right, and up and down in an asymmetric manner while balancing.
5. Do planks as usual with either KAATSU Leg Bands or KAATSU Arm Bands on.
6. Lie on your back and slowly bring one leg up to your stomach and hold with KAATSU Leg Bands. Grab your knee with arms and stretch your back. Repeat. Continue to lie on the back and slowly pull both legs up to your stomach and hold. Grab your knees with your arms and stretch your back. Repeat.
7. Lie on your back and slowly lift your hips off the floor and hold with KAATSU Leg Bands. Bring your hips to the ground and repeat.

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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