



FOR DISTANCE RUNNERS

KAATSU is used by marathon, distance, and trail runners for recovery, rehabilitation, and improvement in strength, speed, and stamina.

TOP 5 BENEFITS

1. KAATSU helps to effectively remove lactic acid after a strenuous workout or competition.
2. Can be used for a quick warm-up before vigorous training or competition.
3. Enables muscles to achieve maximum effort without the use of heavy weights or additional workout equipment.
4. Stimulates the secretion of a significant amount of human growth hormone within a short amount of time.
5. Enables race-pace discomfort to be effectively and safely replicated in training.

RUNNERS USING KAATSU

American and Japanese gold, silver, and bronze medalists / weekend warriors / multi-sport athletes

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.

LEGAL NOTICE—DISCLAIMER Warning: KAATSU Global, Inc. cannot diagnose diseases, prescribe drugs, or recommend treatments for specific disease conditions and does not dispense medical advice. Any views and ideas expressed are opinions only and not intended to be a substitute for conventional medical advice or service. You agree that no responsibility or liability will be incurred to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this document. If you have a medical condition, please see a licensed healthcare practitioner.



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