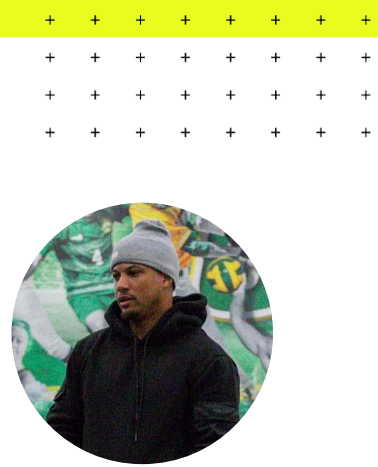




DO MORE. RECOVER FASTER. PROTECT OUTPUT.

The Real Question Isn't "How Hard?" It's how often you can apply high-quality stimulus.



With Les Spellman, Speed Expert
& Elite Performance Coach

THE PROBLEM:

Overload Without Protection

- Speed gains require intensity, density, and volume
- Overload increases injury and fatigue risk
- Shorter windows, more athletes, higher stakes
- Coaches are forced to choose between output and availability



BFR SOLUTION:

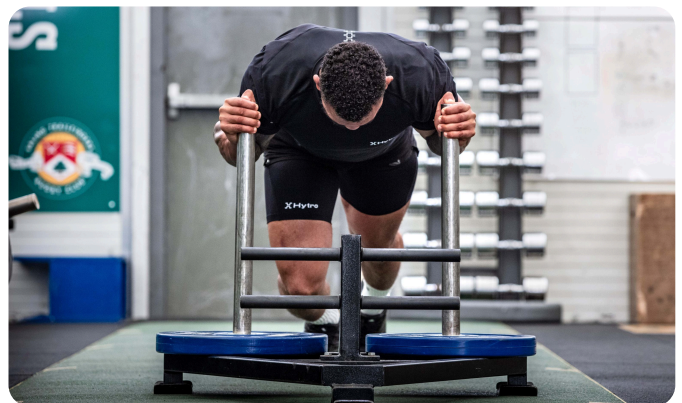
Where BFR Fits The Performance Equation

- Supports recovery between high-output sessions
- Enhances prep and readiness before speed work
- Allows greater training density with lower cost
- Scales across large groups without staff bottlenecks

UPSIDE:

Increase Stimulus Without Increasing Cost

- Higher frequency without excessive tissue stress
- Faster recovery between sessions
- Better tolerance to high-speed and acceleration work
- More confidence to push performance boundaries



Contact Hydro To Integrate BFR Into Your Performance System.

