

AIRBANDS

WIRELESS BFR CUFFS

THE NEXT GENERATION OF
BFR TRAINING

What are AirBands?

AirBands (Patent pending) are the world's first wireless, automated BFR training cuffs.

The AirBands cuff

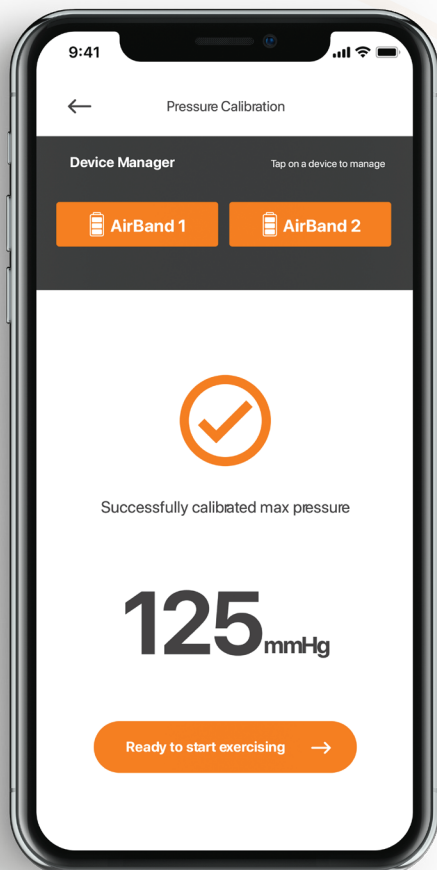
The AirBands cuff features a velcro loop system, providing superior comfort, fit and durability. Built from sweat-resistant fabric cloth, lined over a custom-built medical-grade air bladder.

The AirBands module

AirBands feature a rechargeable battery, advanced sensor, pneumatic air pump and a Bluetooth 4.0 module to connect to your smart device.



Bluetooth 4.0



Take the guesswork out of calibration.

Control your workout intensity in real time.

The AirBands app allows for:

- + Wireless pairing
- + Automatic inflation/deflation
- + Individualised pressure calibration
- + The BFR screening tool
- + Custom timer options that synchronise to your workout

 **iOS Devices**
Available from the app store

 **Android Devices**
Available on Google Play

Why AirBands?

AirBands, the next generation of Blood Flow Restriction training.

Fully wireless, affordable and equipped with intelligent calibration tools that accurately inflate to your personalized pressure zone, AirBands are a safe and effective tool that will amplify your training.

BFR training reduces the time and intensity required to build muscle and increase strength. BFR training is a suitable training method for individuals looking to accelerate their results, or use as a load-management tool to streamline rehabilitation. As the world's first Bluetooth-controlled, wireless BFR cuffs, AirBands allow you to easily engage in BFR training, taking this method out of the laboratory and into your hands.



Decades of research, now in your gym bag.

Extensive scientific literature has validated BFR and its benefits:



Increased Strength

MAY et al. (2018). Lower body blood flow restriction training may induce remote strength adaptations in an active unrestricted arm. *European Journal of Applied Physiology*.



Increased Endurance

KACIN et al. (2011). Frequent low-load ischemic resistance exercise to failure enhances muscle oxygen delivery and endurance capacity. *Scandinavian Journal of Medicine & Science in Sports*.



Increased Muscle Hypertrophy

BJØRNSSEN et al. (2019). Type 1 Muscle Fiber Hypertrophy after Blood Flow-restricted Training in Powerlifters. *Medicine & Science In Sports & Exercise*.



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#AMPLIFYYOURRESULTS

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TECHNICAL SPECIFICATIONS



MATERIALS

Module	PVC plastic
Band	Woven fabric and cloth

DIMENSIONS

Arm Model

Length	Flat: 560 mm (22 in)
Width	69 mm (2.7 in)
Height	Flat: 24 mm (0.9 in) / Rolled: 104 mm (4.1 in)
Weight	115 g (4.05 oz)

Leg Model

Length	Flat: 800 mm (31 in)
Width	100 mm (3.9 in)
Height	Flat: 24 mm (0.9 in) / Rolled: 110 mm (4.3 in)
Weight	200 g (7.05 oz)

POWER

Battery	Built-in lithium battery
Capacity	DC 3.7V, 300 mA
Charging Method	USB-C to dual charging USB cable (supplied)
Connectivity	Type C port
Bluetooth	BLE 4.0 connection
Static Pressure Range	30 – 300 mHg

OPERATING CONDITIONS

Operating / Atmospheric Pressure	+5°C ~ +40°C; 15% RH ~ 93% RH / 70kPa – 106kPa
Storage / Atmospheric Pressure	-20°C ~ +55°C; 0% RH ~ 93% RH / 50kPa – 106kPa

SOFTWARE

AirBands App	Android and iOS
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