

## **RP Sports Introduces (B)Strong BFR Product Line**

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RP Sports, the experts in innovative sports technologies, has added an additional Blood Flow Restriction (BFR) modality to its product offerings.

The (B)STRONG BFR System(TM) works by slowing down or impeding the flow of blood exiting the limbs through the veins and produces strength gains using light exercise that are like those achieved through maximal resistance training. "(B)Strong's proprietary equipment keeps you safe, while making the user experience simple, effective and fast," commented Brian Carberry, RP Sports President.

Light exercise combined with BFR produces profound muscle fatigue. The nervous system then communicates "muscle burn" feelings to the brain, triggering the pituitary to release growth hormone. Anabolic hormones then circulate in the blood stream, which facilitates repair and increases strength in all exercised tissues.

"Our goal is to be a resource to the elite athletes and teams with which we work," added Carberry. "RP Sports is committed to providing the latest modalities and our team's expertise can guide our clients to the safest, most effective means to achieve their goals."

BFR is just one of the innovative sports technologies offered by RP Sports. The Company's cornerstone product line is RecoveryPump, which is the leading pneumatic compression therapy to provide aggressive muscle recovery to athletes. The RPX System used by championship teams and world-class athletes includes the popular RecoveryBoots. A full complement of revolutionary garments are also available to provide therapy from the upper body through the core and lower extremities.

In 2016, the Company introduced Cryoair, which is whole body cryotherapy powered by electricity. One, two and three-chambered units are available as well as a localized Cryoair device for spot treatments.

The RecoveryTub product line has also been well-received, eliminating the cumbersome transport of heavy tubs with solo, team and squad-sized inflatable ice baths.

In addition to (B)Strong, RP Sports also offers KAATSU BFR training. "We're proud to provide two excellent Blood Flow Restriction (BFR) therapy options," remarked Carberry. "This is the most in-demand technology on the market right now and RP Sports is uniquely able to help our clients achieve their goals safely, within their budget, and to obtain optimal outcomes. For organizations considering BFR, RP Sports is the expert source to guide them through the options and to the winning edge."

To find out more about RP Sports and why it is the choice of championship teams, Olympic medalists and elite athletes from every sport, visit [www.rpsports.com](http://www.rpsports.com)

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