

◆ A ONE-PAGE GUIDE

Getting strong at light loads

Blood Flow Restriction (BFR) training builds strength and muscle at a fraction of the weight your body would normally need. Here is how it works, who it suits, and what a session looks like.

BFR training uses a calibrated cuff, placed high on the limb, to gently limit the blood leaving the working muscle while you train with light weights. The muscle fills, oxygen drops, and metabolic stress climbs quickly. Your body responds as though you had lifted heavy, so strength and muscle build while the joints and connective tissue stay protected.

That trade is the whole point. You get the training effect of heavy lifting without the heavy load, which is why BFR is used both to keep training around an injury and to add strength work that joints could not otherwise tolerate.

20 to 30%

of the load lifting heavy normally needs

30 min

one to one, coached start to finish

1 coach

beside you for every session

HOW IT WORKS

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| <p>01</p> <p>The cuff</p> <p>A calibrated cuff sits high on the limb and gently limits the blood leaving the muscle.</p> | <p>02</p> <p>The build</p> <p>Blood stays in the muscle. Oxygen drops and metabolic stress climbs fast, even at light weight.</p> | <p>03</p> <p>The response</p> <p>Your body reacts as if you lifted heavy. Strength and muscle build, and the joints stay protected.</p> |
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WHO IT SUITS

- ◆ **Training around an injury.** Keep building strength at light loads while a joint or tendon settles.
- ◆ **Strength after 50.** Add real strength work without the joint stress of heavy loading.
- ◆ **Busy schedules.** A focused 30 minute session, one to one, with nothing wasted.
- ◆ **Performance and return to sport.** Hold and rebuild capacity when heavy training is not yet advisable.

WHAT A FIRST SESSION LOOKS LIKE

The first session is a conversation, not a workout. We talk through your history, your goal and anything a doctor has flagged, take a few baseline measures, and fit the cuffs to find the pressure that is right for you. From there, every session is coached in full: **light load, close supervision, and progression based on how you respond.**

Book a free intake

One to one at the studio in Amsterdam Oud-Zuid. No obligation.

mudagym.com

On the science. The 20 to 30 percent figure reflects published low-load BFR protocols. See Patterson et al., "Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety," *Frontiers in Physiology*, 2019. BFR is a supervised training method and is not medical treatment. If you are pregnant, or have a heart, circulation or clotting condition, speak with your doctor first.

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