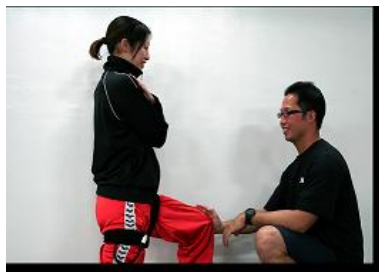


The root of the arm and the leg is tightened with a special pressure belt with the pressurizing training. It is a method of advanced training of applying proper pressure that suits the individual and limiting the blood stream moderately proven in a scientific manner. As a result, "Hard training was executed" and the brain misunderstand, and the production of growth hormone is promoted. In a word, the effect achieved only by hard training can be achieved because of short time or more and an easy movement so far. It is pressurizing training.

("KAATSU TRAINING")

3つのメリット

- **短時間でOK** (約10分)
 - ・無理なく続けられる
- **軽い負荷でOK**
 - (最大筋力の20%の軽い負荷)
 - ・体に負担がかからない
- **特別な器具は不要**
 - (自重を利用した運動だけで効果アリ)
 - ・いつでもどこでもできる



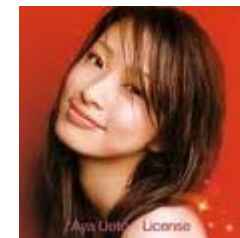
期待される効果

- **筋力アップ、ダイエット**
 - ・体型維持・健康維持・メタボリック対策など
 - **美容**
 - ・アンチエイジング・若返り
 - **リハビリ**
 - ・骨折、ねんざ等の回復・運動機能の回復
 - **医療**
 - ・医師による治療
- ※東京大学医学部附属病院22世紀医療センター
東京大学大学院新領域創成科学研究科にて
医療分野・各分野での加圧の有用性が研究されています



例えば...

- **ゴルフのスイング力UPに**
後、何ヤード伸ばしたいか計画を！
- **一流芸能人と同じスタイルに**
ヒロミ/藤原紀香/釈由美子/上戸彩
/烈火斬/国会議員等も愛用中！
- **フィットネスクラブに行く時間の無い方**
プライベート指導でしっかり効果を実現！
- **メタボ検診改善対策企業として**
保健指導だけでは改善しにくいメタボ予備
軍解消のために福利厚生として導入！
鬱病の防止にも効果的！



WORK OUT

The latest training method that pioneer "[EXERCISE DELI]" of corporate public welfare & business trip exercise recommends

Mechanism of pressurizing("KAATSU")

<http://www.booming.co.jp/deli/>



There are "Fast muscle" and "Slow muscle" on the muscle.



"Fast muscle" is forged to the muscular power improvement.



"Fast muscle" is forged only by hard training.



The muscle misunderstands by pressurizing, and "Fast muscle" is forged by the mild workout.



"Lactic acid" collects when "Fast muscle" acts.



When the lactic acid collects, the instruction that the brain secretes the growth hormone is given.



The growth hormone has the effect of resolving the neutral fat. As a result, the effect of decreasing the body fat expects it.



For instance, only the muscle necessary for golf will be efficiently strengthened in a short time when assuming that golf is pretended by about ten minutes. About ten times (effect at usual training)

Secretions of the growth hormone by the pressurizing training are about ten times at usual training, and about 290 times at the rest. The growth hormone is called "Rejuvenation hormone".

It is effective to dieting. The growth hormone has the effect of resolving the neutral fat to the fatty acid and the glycerol.