

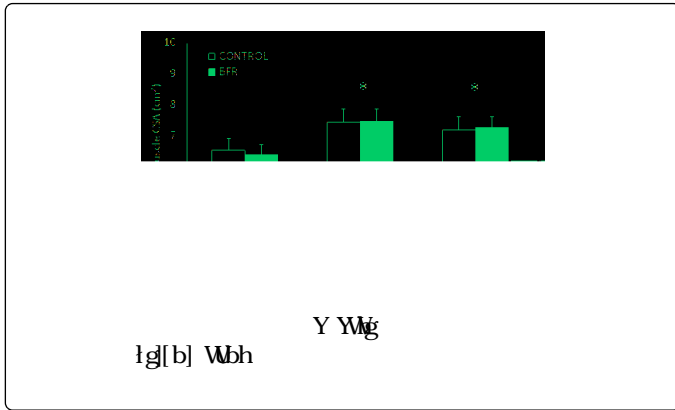
# Acute Muscular, Metabolic, Cardiovascular, and Perceptual Responses to Low Cuff Pressure-small Cuff Width Blood Flow Restricted Exercise Prescription

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	Baseline	Peak	5 min Post
Control	76.8 ± 11.9	140.1 ± 18.8*	87.3 ± 15.5*†
BFR	82.1 ± 12.1	144.3 ± 12.6*	91.5 ± 13.3*†

Main effects for time with Sidak post-hoc corrections.  
 \*significant change compared to baseline;  
 †significant change from peak exercise response. Mean + SD.

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