



# ATHLETIC ADULTS NEEDED FOR RESEARCH STUDY

## Are you interested?

We are investigating the **blood flow restriction (BFR)** training on squat imbalances in healthy adults and need your help. BFR is a new training technique that many athletes use to improve their strength. But what if it causes athletes to train with bad posture and leads to risk for injuries? Research is necessary to answer this question.

**YOU can help test this new equipment! Contact Us Today!**



**SAN DIEGO STATE  
UNIVERSITY**

**MALE AND FEMALE  
ADULTS, AGES 18 -  
30 NEEDED**

**MUST HAVE 6  
MONTHS OF WEIGHT  
TRAINING  
EXPERIENCE**

**MUST NOT HAVE  
HAD HIP, KNEE, OR  
BACK SURGERY**

**TESTING TAKES  
PLACE ON CAMPUS  
AND REQUIRES  
THREE 20-30 MIN.  
SESSIONS**

## CONTACT US

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Email or call to set up an  
appointment