

Table III - Blood pressure and heart rate response between protocols

| | SBP pre-training (mmHg) | SBP set 1 (mmHg) | Δ^a (mmHg) | ES | SBP set 2 (mmHg) | Δ^b (mmHg) | ES | SBP set 3 (mmHg) | Δ^c (mmHg) | ES | SBP post-training (mmHg) | Δ^d (mmHg) | ES |
|-----------------------|-------------------------|------------------|-------------------|------|------------------|-------------------|------|------------------|-------------------|------|--------------------------|-------------------|------|
| Control | 123 ± 8.50 | 139 ± 20.10 | 16 | 1.0 | 144 ± 20.55* | 21 | 1.3 | 141 ± 21.13 | 17 | 1.1 | 141 ± 22.39 | 17 | 1.0 |
| BFR-5 minutes | 122 ± 10.43 | 142 ± 19.92* | 20 | 1.2 | 148 ± 17.59* | 26 | 1.8 | 148 ± 18.99* | 26 | 1.7 | 136 ± 21.18 | 14 | 0.8 |
| BFR-10 minutes | 126 ± 13.38 | 143 ± 15.57* | 18 | 1.2 | 154 ± 14.43* | 29 | 2.1 | 156 ± 15.59* | 30 | 2.1 | 140 ± 10.87* | 15 | 1.2 |
| | DBP pre-training (mmHg) | DBP set 1 (mmHg) | Δ^a (mmHg) | ES | DBP set 2 (mmHg) | Δ^b (mmHg) | ES | DBP set 3 (mmHg) | Δ^c (mmHg) | ES | DBP post-training (mmHg) | Δ^d (mmHg) | ES |
| Control | 74 ± 6.93 | 67 ± 7.78 | -7 | -1.1 | 68 ± 8.35 | -6 | -0.8 | 68 ± 7.54 | -7 | -1.0 | 65 ± 7.98 | -9 | -1.2 |
| BFR-5 minutes | 75 ± 3.73 | 77 ± 11.55‡ | 2‡ | 0.23 | 80 ± 9.53‡ | 5‡ | 0.8 | 83 ± 8.88‡ | 9‡ | 1.3 | 66 ± 10.84 | -9#†¥ | -1.1 |
| BFR-10 minutes | 75 ± 8.20 | 77 ± 6.51‡ | 2‡ | 0.1 | 83 ± 8.88‡ | 9‡ | 0.9 | 83 ± 8.88‡ | 9‡ | 0.9 | 63 ± 8.88* | -12#†¥ | -1.4 |
| | HR pre-training (bpm) | HR set 1 (bpm) | Δ^a (bpm) | ES | HR set 2 (bpm) | Δ^b (bpm) | ES | HR set 3 (bpm) | Δ^c (bpm) | ES | HR post-training (bpm) | Δ^d (bpm) | ES |
| Control | 71 ± 8.57 | 98 ± 13.31* | 27 | 2.4 | 99 ± 11.86* | 28 | 2.7 | 102 ± 15.38* | 31 | 2.5 | 104 ± 14.16* | 33 | 2.8 |
| BFR-5 minutes | 71 ± 10.60 | 92 ± 12.28* | 21 | 1.8 | 94 ± 11.98* | 23 | 2.0 | 96 ± 14.83* | 25 | 1.9 | 98 ± 13.25* | 27 | 2.3 |
| BFR-10 minutes | 70 ± 10.02 | 92 ± 8.86* | 22 | 3.0 | 97 ± 11.84* | 27 | 2.5 | 99 ± 14.70* | 29 | 2.3 | 100 ± 13.30* | 29 | 2.5 |

SBP = systolic blood pressure; DBP = diastolic blood pressure; HR = heart rate; BFR = blood flow restriction; Δ = delta; Δ^a = set 1 minus pre-training; Δ^b = set 2 minus pre-training; Δ^c = set 3 minus pre-training; Δ^d = post-training minus pre-training and post-training.; ES = Cohen's d effect size (0.2 small; 0.2; 0.5 medium; 0.8 large; ≥ 1.0 very large); * = significant differences from pre-training time point ($p < 0.05$); ‡ = significant differences from control session at the same time point ($p < 0.05$); # = significant differences from Δ^a ($p < 0.05$); † = significant differences from Δ^b ($p < 0.05$); ¥ = significant differences from Δ^c ($p < 0.05$); ‡ = significant differences from control at the same time point ($p < 0.05$); n = 12 participants