

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