PARTICIPANTS NEEDED FOR RESEARCH STUDY

Help us understand cardiovascular, Endothelial Function and Exercise Response Blood Flow Restriction (BFR) during Aerobic Exercise

STUDY OVERVIEW

Researchers are studying how different levels of Blood Flow Restriction (BFR) affect:

- Heart and cardiovascular responses
- Blood vessel (endothelial) function
- Exercise performance

BFR uses inflatable cuffs on the upper thigh to partially reduce blood flow during exercise

This study helps determine **safe and effective BFR dosing during aerobic exercise**

ELIGIBILITY

You may qualify if you:

- Are 18-35 years old
- Generally healthy
- Can safely perform cycling exercises
- Can attend multiple lab visits

WHAT YOU WILL DO

You will complete 4 lab visits:

1. Screening + fitness test (VO2 max cycling test)
2. Cycling **without** BFR
3. Cycling with **moderate** BFR (50% occlusion pressure)
4. Cycling with **high** BFR (90% occlusion pressure)

Each cycling session:

- ~30 min of mod-intensity cycling
- Based on your fitness testing results
- Randomized order

EXCLUSION

You are not eligible if you have:

- Cardiovascular/vascular diesease
- Uncontrolled hypertension
- History of blood clots
- Any other condition preventing safe exercise

WHAT WE MEASURE

During exercise & recovery, we measure:

- Heart rate
- Blood pressure
- Cardiac output
- Stroke volume
- Oxygen consumption (VO2)
- Blood lactate levels
- Rate of Perceived Exertion (RPE)
- Percent Heart Rate Intensity
- Flow Mediated Dilation (FMD)
- Exercise enjoyment (PACES)

TIME + COMPENSATION

Time Commitment:

- 4 total lab visits
- Each visit includes testing and cycling
- Sessions separated by 48-72 hours

Compensation:

Participants may opt in for a $50 gift card compensation opportunity

UTEP
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