

Number	Authors	Title	Year	Journal	Volume, pages	Country of the study	Type of the study	Total number of participants	Number of participants in study group	Male [%]	Mean age (years +/-SD)	Population type	Type of the exercise	Length of exercise (number of sessions, number of weeks)	Duration of 1 session (minutes)	Scheme of 1 session (number of repeats)	Blood flow restriction time (minutes)	Blood flow restriction type	Name of the BFR tool	Pressure used for BFR (mmHg)	Control group training	Which vascular and angiogenesis function parameters were assessed?	Differences between pre-BFR and nonBFR groups in vascular parameters	Differences between pre-BFR and after-BFR in vascular parameters	Differences between after-BFR and nonBFR groups in blood pressure	Differences between pre-BFR and after-BFR in blood pressure and heart rate	
1	Amorim S. et al.	The Effect of a Single Bout of Resistance Exercise with Blood Flow Restriction on Arterial Stiffness in Older People with Slow Gait Speed: A Pilot Randomized Study	2022	Journal of Cardiovascular Development and	9(3):85	Brazil	RCT	17	10	17,60%	84.47	healthy, older	resistance exercise	1 single session	N/A	3 sets of 15 repeats (20% 1RM)	N/A (during whole training)	pressure cuff	Kaatsu Nano	150-260mmHg	Same but high resistance	PWV AI A175	BFR<nonBFR SBP: BFR = nonBFR HI: BFR<nonBFR	- = =	SBP: BFR = nonBFR	+	
2	Barili A. et al.	Acute responses of hemodynamic and oxidative stress parameters to aerobic exercise with blood flow restriction in hypertensive elderly women	2018	Molecular Biology Reports	45(5):1099-1109	Brazil	cross-over study	16	16	0%	67.2 ± 3.7	hypertensive women	treadmill exercise	N/D	N/D	N/D	N/D	pressure cuff	regular sphygmomanometer cuffs	130% resting SBP	Same low and high intensity	NOx	N/D	=	SBP: BFR = nonBFR HI: BFR<nonBFR	+	
3	Barjaste A. et al.	Concomitant aerobic- and hypertrophy-related skeletal muscle cell signaling following blood flow-restricted walking	2021	Science & Sports	10.1016/j.scispo.2020.03.00	Iran / France	cross-over study	5	5	100%	33.41 ± 1.02	healthy, young	walking	1 single session	10	N/A	N/A	14	pressure cuff	Kaatsu-Master system	200 mmHg	Same training	VEGF	BFR<nonBFR	=	N/A	N/A
4	Beak H.J. et al.	Effect of Low-Intensity Aerobic Training Combined with Blood Flow Restriction on Body Composition, Physical Fitness, and Vascular Responses in Recreational	2022	Healthcare	10(9):1789	South Korea	RCT	29	14	100%	29.93 ± 3.96	healthy, young, amateur sportsmen	treadmill exercise	3/week; 8 weeks	15	10 minutes warm-up, 5*2 min cycling + 1min rest (40% VO2max)	N/D	pressure cuff	Kaatsu Nano	160-240mmHg	Same training	FMD PWV ABI	BFR<nonBFR BFR<nonBFR BFR<nonBFR	N/D N/D N/D	SBP: BFR = nonBFR	N/D	
5	Boeno F. P. et al.	Acute effects of strength exercise with blood flow restriction on vascular function of young healthy males	2018	Jornal Vascular Brasileiro	17(2): 122-127	Brazil	cross-over study	11	11	100%	23.72±3.49	healthy, young	resistance exercise	1 single session	N/A	Repeats up to fatigue of arms/legs	N/A (during whole training)	pressure cuff	regular sphygmomanometer	> 20mmHg; legs: SBP +	Same low and high intensity	NOx	BFR<nonBFR BFR<nonBFR HI	=	N/A	N/A	
6	Christiansen D. et al.	Blood flow-restricted training enhances thigh glucose uptake during exercise and muscle antioxidant function in humans	2019	Metabolism: Clinical and Experimental	98:1-15	Denmark	n-RCT - experimental study	13	13	100%	25 ± 4.0	healthy, young	cycling ergometer	1 single session	34	5min warm-up, 9*2min high performance, 2*5min + 6*1min rest without resistance	18	pressure cuff	sphygmomanometer cuffs	180mmHg	Same training on the other leg	VEGF	BFR<nonBFR	+	N/A	N/A	
7	Clark B. C. et al.	Relative safety of 4 weeks of blood flow-restricted resistance exercise in young, healthy adults.	2011	Scandinavian Journal of Medicine & of Medicine	21: 653-662	USA	RCT	16	9	88%	23.96 ± 1.58	healthy, young	resistance exercise	3/week; 4 weeks	N/A	3 series, 8-12 repeats each (30% 1RM)	N/A (during whole training)	pressure cuff	E20 Rapid Cuff Inflator	130% resting SBP	Same training but 80% 1RM	ABI PWV	BFR<nonBFR BFR<nonBFR	=	N/A	N/A	
8	Conceição M. S. et al.	Augmented Anabolic Responses after 8-wk Cycling with Blood Flow Restriction.	2019	Medicine and Science in Sports and Exercise	51(1):84-93	Brazil	RCT	30	10	100%	22.67 ± 2.67	healthy, young	cycling ergometer	1/week; 8 weeks	30 (40% VO2)	N/A	30	pressure cuff	sphygmomanometer cuffs	80% resting SBP	Same endurance training but 70% VO2 or Resistance training (70% 1RM on leg press exercise - 4 sets of maximum repetitions)	VEGF mRNA	BFR<nonBFR	+	N/A	N/A	
9	Conceição M. S. et al.	Attenuated PGC-1α Isoforms following Endurance Exercise with Blood Flow Restriction.	2016	Medicine and Science in Sports and Exercise	48(8):1689-707	Brazil	cross-over study	9	9	100%	22.4 ± 3.0	healthy, young	cycling ergometer	1 single session	15 (40% VO2)	N/A	15	pressure cuff	sphygmomanometer cuffs	80% resting SBP	Same endurance training but 70% VO2 for 30 minutes or Resistance training (70% 1RM on leg press exercise - 4 sets of 10 repetitions)	VEGF mRNA	BFR<nonBFR	=	N/A	N/A	
10	Credeur D. P. et al.	Effects of handgrip training with venous restriction on brachial artery vasodilation.	2010	Medicine and Science in Sports and Exercise	42(7):1296-302	USA	cross-over-like study	12	12	41,67%	22 ± 1.0	healthy, young	handgrip + forearm contraction	3/week; 4 weeks	20	15 repeats / 1 minute	20	pressure cuff	sphygmomanometer cuffs	80mmHg	Same training	FMD	BFR<nonBFR	-	N/A	N/A	
11	Credeur D. P. et al.	Central cardiovascular hemodynamic response to unilateral handgrip exercise with blood flow restriction.	2019	European Journal of Applied Physiology	119(10):2255-2263	USA	cross-over study	15	15	100%	25 ± 2	healthy, young	handgrip	1 single session	(40% and 60% MA	20 repeats / 1 minute	5	pressure cuff	E20 Rapid Cuff Inflator	80-100mmHg	Same training with 60% MVC	PWV AI RM	BFR Li<nonBFR BFR Li<nonBFR BFR Li<nonBFR	+	HR: BFR Li<nonBFR HI HR: BFR Li<nonBFR HI	+	
12	Early K.S. et al.	Effect of blood flow restriction training on muscular performance, pain and vascular function	2020	International Journal of Sports Physical	15(6):892-900	USA	RCT	21	11	38,10%	23.5 ± 4	healthy, young	resistance exercise	20 session (2-3/week, 8 weeks)	N/A	10-15 min warm-up, 5 exercise: 3 sets of 30	N/A (during whole training)	elastic, pneumatic band	BStrong Training SystemsTM	250mmHg (arms), 350mmHg (legs)	Same but high resistance (60% 1RM)	FMD	BFR Li<nonBFR HI BFR Li<nonBFR HI	+	SBP: BFR Li<nonBFR HI HR: BFR Li<nonBFR HI SBP: BFR Li<nonBFR HI	N/D - +	
13	Fahs C. A. et al.	Effect of different types of resistance exercise on arterial compliance and calf blood flow	2011	European Journal of Applied Physiology	111:2969-2975	USA	cross-over study	11	11	100%	28 ± 5	healthy, young	resistance exercise	1 single session	N/A	1 series of 30 repeats + 3 series of 15 repeats (20% 1RM)	N/A (during whole training)	pressure cuff	Kaatsu-Master system	200mmHg	LI: 1 series of 30 repetitions + 3 series of 15 repetitions (20% 1RM) HI: 3 series of 10 repetitions (70% 1RM)	SVR LAEI SAEI	BFR Li<nonBFR HI BFR Li<nonBFR HI BFR Li<nonBFR HI BFR Li<nonBFR LI BFR Li<nonBFR HI BFR Li<nonBFR HI	- = +	ΔHR: BFR Li<nonBFR LI ΔHR: BFR Li<nonBFR HI ΔSBP: BFR Li<nonBFR LI ΔSBP: BFR Li<nonBFR HI	+	
14	Fahs C. A. et al.	Vascular adaptations to low-load resistance training with and without blood flow restriction.	2014	European Journal of Applied Physiology	114:715-724	USA	cross-over-like study	16	16	68,80%	55 ± 7	healthy, midage	resistance exercise	3/week; 6 weeks	N/A (30% 1RM)	2 sets of 20 repeats / 1 minute for 1-2 weeks, 3-4 same sets for 3-4 weeks, 5-6 same sets for 5-6 weeks	N/A (during whole training + 15 sec)	pressure cuff	KaatsuMaster-mini system	150mmHg or <50%ΔE	Same training on the other leg	PWV	BFR<nonBFR	+	N/A	N/A	
15	Ferguson R. A. et al.	The acute angiogenic signalling response to low-load resistance exercise with blood flow restriction	2018	European Journal of Sport Science	18(3):397-406	UK	cross-over study	6	6	100%	26 ± 2	healthy, young	resistance exercise	1 single session	N/A (20% 1RM)	4 sets of 30 repeats (20repeats/1 min)	N/A (during whole training + 15 sec)	pressure cuff	E20 Rapid Cuff Inflator	110mmHg	Same training	VEGF mRNA VEGF-R2 mRNA eNOS mRNA	BFR<nonBFR BFR<nonBFR BFR<nonBFR	+	N/A	N/A	
16	Gustafsson T. et al.	VEGF-A splice variants and related receptor expression in human skeletal muscle following submaximal exercise.	2005	Journal of Applied Physiology	98:2137-2146	Sweden	cross-over study	9	9	100	22 (18-26)	healthy, young	resistance exercise	1 single session	45	60repeats / minute	45	pressure cuff	regular pressure cuff	50 mmHg	same training without BFR	VEGF-R1 mRNA VEGF-R2 mRNA VEGF-A mRNA	ΔBFR<ΔnonBFR ΔBFR<ΔnonBFR ΔBFR<ΔnonBFR	+	N/A	N/A	
17	Hunt J. E. A. et al.	Brachial artery modifications to blood flow-restricted handgrip training and detraining.	2012	Journal of Applied Physiology	112:956-961	UK	cross-over-like study	9	9	100	26 ± 4	healthy, young	resistance exercise	12 sessions, 4 weeks	N/A	3 sets of 20 contractions / minute (40% 1RM)	N/A (during whole training)	pressure cuff	regular pressure cuff	80 mmHg	same training without BFR	FMD	BFR<nonBFR	=	N/A	N/A	
18	Kambit T. et al.	Blood flow restriction resistance exercise improves muscle strength and hemodynamics, but not vascular	2019	Frontiers in Physiology	10:656	Slovenia	RCT	24	12	75	60.5 ± 2.4	CAD	resistance exercise	16 sessions, 8 weeks	N/A	3 sets (R, L, 16, 12 reps, +2 every session)	N/A (during whole training)	pressure cuff	regular pressure cuff	SBP +15 to 20 mmHg	aerobic exercise training	FMD	BFR<nonBFR	=	HR: BFR<nonBFR SBP: BFR<nonBFR	+	
19	Karabulut U. et al.	Small arteries stay stiff for a longer period following vibration exercises in combination with blood flow restriction	2018	ClinicalPhysiology and Functional Imaging	doi: 10.1111/cpf.12516.	USA	cross-over study	8	8	100	22.6 ± 2.2	healthy, young	squats	2 sessions	N/A	8 sets of 45s	6 minutes	pressure cuff	Kaatsu-Master	144% SBP	same training without BFR	SAEI LAEI SVR	BFR<nonBFR BFR<nonBFR BFR<nonBFR	-	HR: BFR<nonBFR SBP: BFR<nonBFR	+	
												push-ups	2 sessions	N/A	10 sets of 60s	6	pressure cuff	Kaatsu-Master	100 mmHg	same training without BFR	SAEI LAEI SVR	BFR<nonBFR BFR<nonBFR BFR<nonBFR	-	HR: BFR<nonBFR SBP: BFR<nonBFR	+		
20	Larkin K. A. et al.	Blood flow restriction enhances post-resistance exercise angiogenic gene expression.	2012	Medicine and Science in Sports and Exercise	44:2077-2083	USA	cross-over study	6	6	50%	22 ± 1	healthy, young	resistance exercise	1 single session	N/A	10 sets of 12 repeats	N/A (during whole training)	pressure cuff	Kaatsu-Master Mini	220 mmHg	same training without BFR	Serum VEGF Muscle VEGF VEGF mRNA VEGF-R2 mRNA eNOS mRNA	BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR	+	N/A	N/A	
21	Maga M. et al.	Stimulation of the vascular endothelium and angiogenesis by blood flow restricted exercise	2022	International Journal of Environmental Research and Public Health	19(23):15859	Poland	cross-over study	35	35	45,71%	24.29 ±2.44	healthy, young	interval cross-trainer cycling	1 single session	21	9-minute warm-up (10% 1RM), 6 30-seconds-long sprints (20% 1RM) with 90-second cool-downs (10% 1RM).	21	pressure cooling cuffs	Vasper TM	40mmHg (arms) and 65mmHg (legs)	same training without BFR	FMD RHI SI RI A175 VEGFR-2 PECAM-1 (CD31) CD34	BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR BFR<nonBFR	+	N/A	N/A	
22	Montgomery R. et al.	Blood Flow Restriction Exercise Attenuates the Exercise-Induced Endothelial Progenitor Cell Response in Healthy, Young Men.	2019	Frontiers in Physiology	0.727083333	UK	cross-over study	9	9	100	21 ± 1	healthy, young	resistance exercise	1 single session	N/A	1 set of 30 repeats, 3 sets of 15 reps (20% 1RM)	N/A (during whole training)	pressure cuff	Hokanson CCL17 Thigh Cuff	60% of SBP, 5 mmHg in non-BFR group	same training without BFR	CD34+CD45dim CD34+VEGFR2+ CD34+CD45dimVEGFR2+	BFR<nonBFR BFR<nonBFR BFR<nonBFR	=	N/A	N/A	
23	Paiva F. M. et al.	Effects of disturbed blood flow during exercise on endothelial function: a time course analysis.	2016	Brazilian Journal of Medical and Biological Research	49:e5100	Brazil	cross-over-like study	9	9	100	28 ± 5.8	healthy, young	handgrip	1 single session	20	15 contractions / minute (60%MVC)	20	pressure cuff	E20 Rapid Cuff Inflator	80 mmHg	same training without BFR on other leg	FMD mm FMD % FMD%/AUC	BFR<nonBFR BFR<nonBFR BFR<nonBFR	=	N/A	N/A	

24	Patterson S. D. et al.	Circulating hormone and cytokine response to low-load resistance training with blood flow restriction in older men.	2013	European Journal of Applied Physiology	113:713-719	UK	cross-over study	7	7	100%	71.0 ± 6.5	healthy, older	resistance exercise	1 single session	min wysiuku + 12l	5 sets (20 % 1-RM) unknown n of repeats	8-10	pressure cuffs	regular blood pressure cuffs	110 mmHg	same without BFR	VEGF	BFR:nonBFR BFR:nonBFR BFR:nonBFR	+	+	+	N/A	N/A
25	Pinto R.R. et al.	Haemodynamic responses during resistance exercise with blood flow restriction in hypertensive subjects	2015	Clinical Physiology and Functional Imaging	36(5):407-13	Brazil	cross-over study	12	12	0%	57 ± 7	women with hypertension	resistance exercise	1 single session	N/A	3 sets of 15 repeats with 30s rest between sets (20% of 1 RM)	N/A (during whole training)	pressure cuffs	regular blood pressure cuffs	100% SBP	same without BFR and high resistance without BFR	SVR	BFR+ Li nonBFR BFR+ Hi nonBFR	=	=	=	SBP: BFR+ Li nonBFR SBP: BFR+ Hi nonBFR HR: BFR+ Li nonBFR HR: BFR+ Hi nonBFR	=
26	Ramis T. R. et al.	Effects of Traditional and Vascular Restricted Strength Training Program With Equalized Volume on Isometric	2020	Journal of Strength and Conditioning	34:689-698	Brazil	RCT	28	15	100%	23.96 ± 2.67	healthy, young	resistance exercise	3 session/week; 8 weeks	N/A	4 sets, 21 repeats for arms + 23 for knees	N/A (during whole training + 2 minutes)	pressure cuff	N/D	- 20 mmHg; Leg: SBP +	same training with high-load resistance without BFR	FMD	BFR:nonBFR	+	+	+	N/A	N/A
27	Renzi C. P. et al.	Effects of leg blood flow restriction during walking on cardiovascular function	2010	Medicine and Science in Sports and Exercise	42(4):726-32	USA	cross-over study	17	17	64.70%	26 ± 1	healthy, young	walking	1 single session	14	5 sets, 2 minutes each	17	pressure cuff	sphygmomanometer cuffs	160mmHg	Same training	FMD/AUC	BFR:nonBFR	-	-	-	SBP: BFR:nonBFR	=
28	Shili D.D. et al.	Experimental intermittent ischemia augments exercise-induced inflammatory cytokine production	2017	Journal of Applied Physiology	123:434-441	USA	cross-over study	14	14	100%	21.8 ± 0.4	healthy, young	hand/rip	1 single session	30	20 repeats / 1 minute (65% 1RM)	30	pressure cuff	Hokanson i20 cuff inflator	95% SBP	same without BFR	bFGF	BFR:nonBFR	+	+	+	N/A	N/A
29	Shimizu R. et al.	Low-intensity resistance training with blood flow restriction improves vascular endothelial function and peripheral blood circulation in healthy elderly people.	2016	European Journal of Applied Physiology	116:749-757	Japan	RCT	40	20	82.50%	71 ± 4	healthy, older	resistance exercise	3 sessions / week; 4 weeks	15	3 sets of 20 repeats	15	pressure cuff	Tourmiquet 9000 VBM Medizinisch Gmbh	100% SBP	same without BFR	VEGF	BFR:nonBFR	+	+	+	HR: BFR:nonBFR	+
30	Stray-Gundersen S. et al.	Walking With Leg Blood Flow Restriction: Wide-Rigid Cuffs vs. Narrow-Elastic Bands.	2020	Frontiers in Physiology	11:568	USA	cross-over study	15	15	60%	23 ± 2	healthy, young	walking	N/A	15	5 sets of 2-min walking intervals (0.9 m/s, 1-min rest between sets)	10	pressure cuff or elastic bands	Pressure cuffs: Hokanson, CCL7; bands: BFR leg bands BStrong	cuff: 160 mmHg; band: 300 mmHg	same without BFR	FMD	BFR:nonBFR	+	+	+	SBP: BFR:nonBFR	+
31	Tai Y.L. et al.	Hemodynamic response and pulse wave analysis after upper- and lower-body resistance exercise with and	2021	European Journal of Sport Science	10:1-10	USA	cross-over study	23	23	100%	N/D	healthy young	resistance exercise	1 single session	N/A	4 sets of 30, 15, 15, and 15 repeats (30% 1RM)	N/D	pressure cuff	N/D	N/D	same high resistance	FMD	BFR:nonBFR	+	+	+	SBP: BFR:nonBFR	+
32	Takano H. et al.	Hemodynamic and hormonal responses to a short-term low-intensity resistance exercise with the reduction of	2005	European Journal of Applied Physiology	95:65-73	Japan	cross-over study	11	11	100%	34 ± 6	healthy, young	resistance exercise	1 single session	N/A	4 sets of 30 repeats	N/A	pressure cuff	KAATSU Master	160-180 mmHg	same without BFR (only 9 participants; 2 LFU)	VEGF	BFR:nonBFR	+	+	+	SBP: BFR:nonBFR	+
33	Tangchaisuriya P. et al.	Physiological Adaptations to High-Intensity Interval Training Combined with Blood Flow Restriction in Masters Road Cyclists	2022	Medicine and Science in Sports and Exercise	54(5):830-840	Thailand	RCT	50	17	100%	40.9 ± 4.3	healthy, young cyclists	cycling ergometer	6 session/week for 12 weeks	32-120	120 min cycling 55%-60%PPO (2/week) + 75 min cycling 65%-70% PPO (2/week) + 2 repeats of 4 min interval 80% PPO, 2 BFR repeats of 60% PPO with 2 min 30% PPO and 10-min cool-down 25% PPO (2/week)	N/A (during whole training + 2 minutes)	pressure cuffs	regular blood pressure cuffs	30% SBP	LI: 120 min cycling 55%-60%PPO (2/week) + 75 min cycling 65%-70% PPO (2/week) or HI: 120 min cycling 55%-60%PPO (2/week) + 75 min cycling 65%-70% PPO (2/week) + 4 BFR repeats of 4 min interval 80% PPO with 2 min 30% PPO and 10-min cool-down 25% PPO (2/week)	FMD	BFR:nonBFR Li BFR:nonBFR Hi BFR:nonBFR Li BFR:nonBFR Hi BFR:nonBFR Li BFR:nonBFR Hi BFR:nonBFR Li BFR:nonBFR Hi BFR:nonBFR Li BFR:nonBFR Hi	=	=	=	SBP: BFR:nonBFR-Li SBP: BFR:nonBFR-Hi SBP: BFR:nonBFR-Li SBP: BFR:nonBFR-Hi HR: BFR:nonBFR-Li HR: BFR:nonBFR-Hi	=
34	Wooten S. V. et al.	Hemodynamic and Pressor Responses to Combination of Yoga and Blood Flow Restriction	2020	International Journal of Sports Medicine	41:759-765	USA	cross-over study	20	20	50%	23 ± 4	healthy, young	yoga	1 single session	10	20 yoga poses	10	pressure cuffs	BStrong BFR	250-300 mmHg	same without BFR	FMD	BFR:nonBFR	=	=	=	HR: BFR:nonBFR	+
35	Yasuda T. et al.	Effects of detraining after blood flow-restricted low-load elastic band training on muscle size and arterial stiffness in older women.	2015	SpringerPlus	4:348	Japan	RCT	14	7	0%	69.5 ± 6.5	healthy, older	resistance exercise	2 sessions/week for 12 weeks	N/A	75 repeats	9.5	pressure cuffs	KAATSU Master	1st day - 120 mmHg +10mmHg for each next day up to 270 mmHg (mean pressure was 202 ± 8 mmHg)	same training without occlusion	CAVI	BFR:nonBFR	=	=	=	HR: BFR:nonBFR	=
36	Yasuda T. et al.	Effects of Low-Load, Elastic Band Resistance Training Combined With Blood Flow Restriction on Muscle Size and Arterial Stiffness in Older Adults.	2015	The Journals of Gerontology: Series A, Biological Sciences	70:950-958	Japan	RCT	17	9	17.7%	70.01 ± 5.68	healthy, older	resistance exercise	2 sessions/week; 12 weeks	N/A	75 repeats	11	pressure cuff	KAATSU Master	180-270 mmHg	same without BFR	CAVI	BFR:nonBFR	=	=	=	SBP: BFR:nonBFR	=
37	Yasuda T. et al.	Thigh muscle size and vascular function after blood flow-restricted elastic band training in older women	2016	Oncotarget	7(23):33595-607	Japan	RCT	30	20	0%	70.0 ± 6.33	healthy women	resistance exercise	2 sessions/week; 12 weeks	N/A	75 repeats	11	pressure cuff	KAATSU Master	160-200 mmHg	no training	ABI	BFR-Hi-control BFR-Li-control	=	=	=	cSBP: BFR-Li-control cSBP: BFR-Hi-control cSBP: BFR-Li-control cSBP: BFR-Hi-control	=
38	Zhao Y. et al.	Eight weeks of resistance training with blood flow restriction improves cardiac function and vascular endothelial function in healthy young Asian males	2020	International Health	13(5):471-479	China	RCT	24	8	100%	20.63 ± 0.88	healthy, young	resistance exercise	5 sessions/week for 8 weeks	N/A	20 repeats/min/set in 5 sets with a 2min break (30% 1RM)	N/A (during whole training)	pressure cuff	regular sphygmomanometer cuffs	65% SBP 130% SBP	same without BFR	VEGF-A VEGF-A VEGF-A	BFR-LP:nonBFR BFR-LP:nonBFR BFR-HP:nonBFR	+	+	+	HR BFR-LP:nonBFR SBP BFR-LP:nonBFR HR BFR-HP:nonBFR	=