Research Evidence: GH Response to BFR in Women

Study 1: Middle-Aged Women

Participants: Middle-aged women
Results: GH levels were significantly elevated in the BFR group compared with the control group.
Conclusion: BFR enhances GH release in women, supporting muscle growth and recovery even at low intensity.
Reference: Effect of a low-intensity resistance exercise program with blood flow restriction on growth hormone and insulin-like growth factor-1 levels in middle-aged women.

Study 2: College-Aged Females

Participants: 13 healthy college-aged females
Results: GH increased immediately post-exercise for both high-intensity and BFR training.
Conclusion: Acute BFR stimulated similar anabolic hormone responses in young women as high-intensity training, with less mechanical load.
Reference: Hormone Responses to an Acute Bout of Low Intensity Blood Flow Restricted Resistance Exercise in College-Aged Females.

Key Takeaways

- BFR is effective for women of all ages.
- GH elevation supports muscle tone, fat metabolism, and tissue recovery.
- BFR provides hormonal benefits comparable to high-intensity exercise, but with less load and joint stress.