

RUSHED BLACKOUT COMPRESSES 13 SESSIONS INTO 8 WEEKS.

SESSIONS LASTING 6 HOURS INDUCE EXTREME PHYSIOLOGICAL STRESS.

RECOMMENDED SAFE DURATION FOR TORSO BLACKOUTS SPANS 2 YEARS.



RUSHING MASSIVE DERMAL TRAUMA SEVERELY OVERLOADS THE BODY.

**COMPRESSING MAJOR MODIFICATION SCHEDULES LEADS TO DANGEROUS LYMPH NODE INFLAMMATION.
PACE EXTREME SESSIONS OVER YEARS NOT WEEKS.**