

Francesc Cos

Francesc Cos holds a PhD from the University of Barcelona, a Degree in Physical Activity and Sport Sciences, Physiotherapist and a Master's degree in High Sports Performance. He is working as a professor of the University of Barcelona since 1993, in subjects such as Kinesiology and Technology of Physical Exercise, Sports Functional Reeducation and New Tendencies in Physical Conditioning and Fitness.

From 2004 to 2016, he was the head of physical strength training, collaborating in injury recovery and protocols for injury prevention of the F.C Barcelona first team. In July 2016 he took on the management of the research and Innovation of performance area for all FC Barcelona sports professionals, as a director of performance of Barça Innovation Hub. From 2018 he is the head of physical strength training of the New York City Football Club.

About his workshop: Blood Flow Restriction is becoming a new tendency in rehabilitation and performance. It is however necessary to know the different mechanism which cause multiple adaptation and establish what the real applications are.

Objectives of the workshop:

- To know the physiological basis of Blood Flow Restriction

- To show the different application areas depending on the objectives

- To experience different protocols of training depending on the goals