A photograph of a very muscular man, shirtless, standing in a gym. He is wearing dark shorts and has his fists clenched. The background is a dimly lit gym with a blueish tint. The text 'ANABOLIC FINISHERS' is overlaid at the bottom in a large, white, serif font.

**ANABOLIC
FINISHERS**

DISCLAIMER

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The author has attempted to present information that is as accurate and concrete as possible. The author is not a medical doctor and does not write in any medical capacity. All medical decisions should be made under the guidance and care of your primary physician. The author will not be held liable for any injury or loss that is incurred to the reader through the application of any of the information herein contained in this book.

The author makes it clear that the medical field is fast evolving with newer studies being done continuously, therefore the information in this book is only a researched collaboration of accurate information at the time of writing. With the ever-changing nature of the subjects included, the author hopes that the reader will be able to appreciate the content that has been covered in this book.

While all attempts have been made to verify each piece of information provided in this publication, the author assumes no responsibility for any error, omission, or contrary interpretation of the subject matter present in this book.

Please note that any help or advice given hereof is not a substitution for licensed medical advice. The reader accepts responsibility in the use of any information and takes advice given in this book at their own risk. If the reader is under medication supervision or has had complications with health related risks, consult your primary care physician as soon as possible before taking any advice given in this book.

INTRODUCTION

Anabolic Finishers Is The Fastest Way To Build Massive Amount Of Muscle...

All it takes is adding this Anabolic Finishers technique to the end of your workout for no longer than 4 minutes. Be sure to watch the videos on the following pages which are linked to instructions with how to perform the Anabolic Finishers workouts.

I've also included an exercise library as you can choose any of the exercises in the library as an Anabolic Finisher. This technique has been scientifically proven to pack on massive amounts of muscle using less resistance, higher repetition, and very little time.

It's important to note, this program is specifically designed for anyone, at any current age or fitness level to perform.

Just follow the program outlined in the following pages and you'll be well on your way to a strong, muscular physique that exudes power and alpha dominance.

If you have any questions of how to perform any of the exercises, please reference back to the video exercise library. If you have any questions about the Anabolic Finishers program please email me at [joe \[at\] spartanbuddy.com](mailto:joe@spartanbuddy.com)

Here's to your results!

Train HARD and with NO REGRETS!

Joe LoGalbo

“HOW TO DO BLOOD FLOW RESTRICTION TRAINING”

BFR (Blood Flow Restriction)

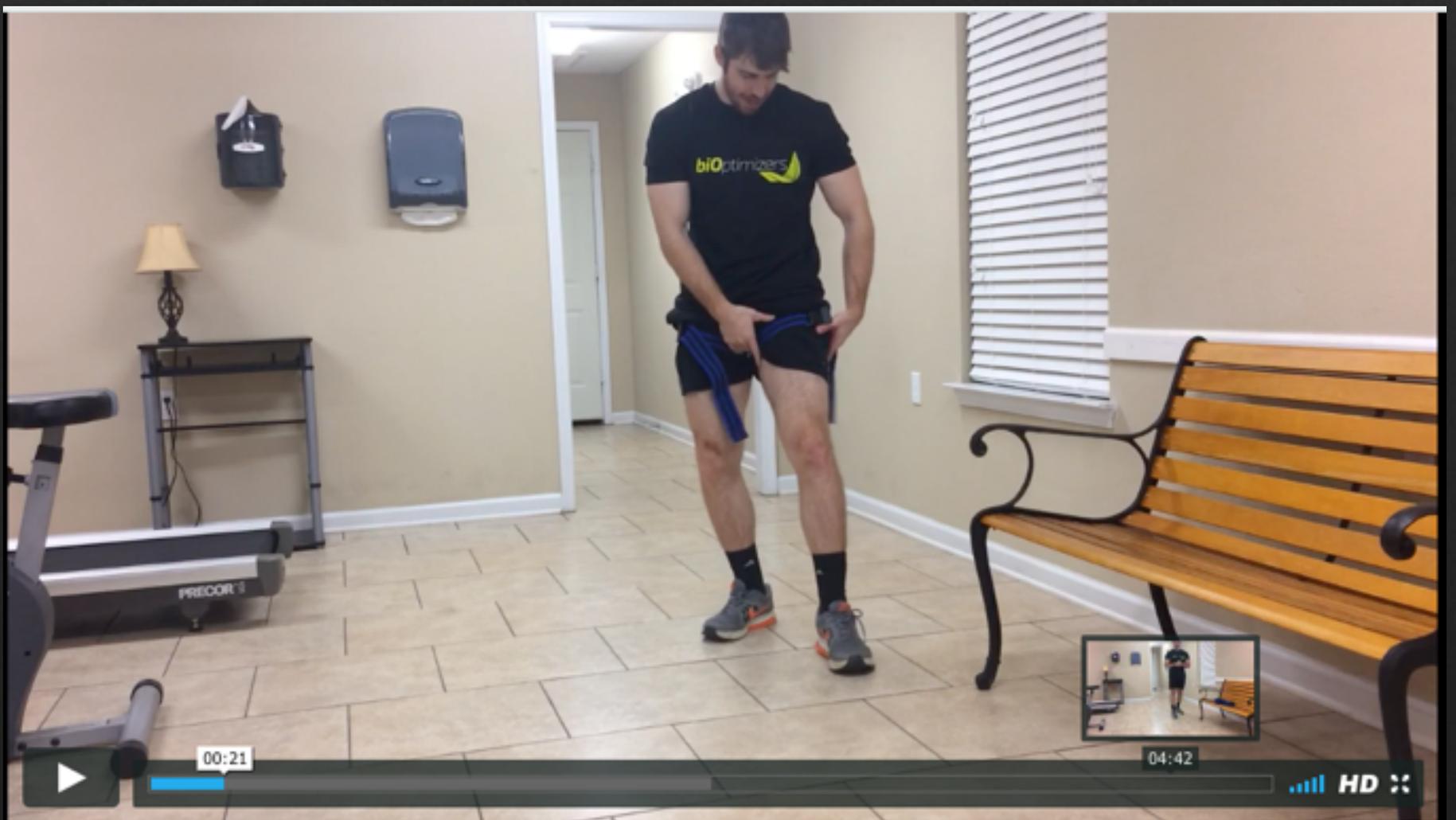
[CLICK HERE TO VIEW TUTORIAL ON HOW TO WRAP YOUR LEGS AND ARMS FOR ANABOLIC FINISHER'S BLOOD FLOW RESTRICTION TRAINING](#)



[To View Blood Flow Restriction Band Training Wraps On Amazon Click Here](#)

ANABOLIC FINISHER DEMO

[CLICK HERE TO VIEW A DEMONSTRATION TUTORIAL OF HOW TO PERFORM AN ANABOLIC FINISHER WORKOUT SET. I ALSO EXPLAIN THE BENEFITS OF THESE ANABOLIC FINISHERS](#)



Finisher Push Workouts

For chest, shoulders, and triceps.

| EXERCISE | SET | REPS | REST |
|----------|-----|------|------------|
| Push Ups | 1 | 15 | 30 seconds |
| | 2 | 20 | 30 seconds |
| | 3 | 20 | 30 seconds |
| | 4 | 20 | 30 seconds |

Notes: As your body is exposed to the blood flow restriction, you'll notice standard push-ups becoming far more harder as the time goes on. Instead of throwing in the towel. Begin performing knee push ups. This will allow you to continue with the blood flow restricted training through the end of all four sets.

This type of training, although short, is not easy. Throbbing in the arms is normal. This is due to the limited supply of blood flow and the build up of lactic acid in your arms, chest, and shoulders.

To place more emphasis on the triceps, you can also perform a close stance push up.

Other exercises you can use for your Anabolic Finishers PUSH sets, include:

Chair Dips

Close Stance Push Ups

Delt. Push Ups

Plank Tricep Extensions

Pike Push Ups (advanced)

Finisher Pull Workouts

For back and biceps.

| EXERCISE | SET | REPS | REST |
|--------------|-----|------|------------|
| Inverted Row | 1 | 15 | 30 seconds |
| | 2 | 20 | 30 seconds |
| | 3 | 20 | 30 seconds |
| | 4 | 20 | 30 seconds |

Notes: As your body is exposed to the blood flow restriction, you'll notice standard inverted row becoming far more harder as the time goes on. Instead of throwing in the towel. Bring your feet closer under your butt. This will allow you to continue with the blood flow restricted training through the end of all four sets.

This type of training, although short, is not easy. Throbbing in the arms is normal. This is due to the limited supply of blood flow and the build up of lactic acid in your arms and back.

To place more emphasis on the biceps, you can also perform a close grip, underhand, inverted row.

Other exercises you can use for your Anabolic Finishers PUSH sets, include:

Doorway Bicep Curl

Underhand inverted rows

Overhand inverted row

Pull-up/partial pull up (advanced)

Finisher Lower Workouts

For quads, hamstrings, glutes, and calves

| EXERCISE | SET | REPS | REST |
|-------------------|-----|------|------------|
| Bodyweight squats | 1 | 15 | 30 seconds |
| | 2 | 20 | 30 seconds |
| | 3 | 20 | 30 seconds |
| | 4 | 20 | 30 seconds |

Notes: As your body is exposed to the blood flow restriction, you'll notice standard squat becoming far more harder as the time goes on. Instead of throwing in the towel. Bring your feet wider apart or begin performing partial squats. This will allow you to continue with the blood flow restricted training through the end of all four sets.

This type of training, although short, is not easy. Throbbing in the legs is normal. This is due to the limited supply of blood flow and the build up of lactic acid in your quads, glutes, hamstrings, and calves.

Other exercises you can use for your Anabolic Finishers LOWER sets, include:

Hip Bridges

Close stance squats

Bodyweight hamstring curls on BOSO ball

Standing calf raises

Lunges

Reverse Lunges

Jump Squats (advanced)

IMPORTANT NOTE: THE EXERCISES IN THIS LIBRARY DO NOT SHOW ME WEARING BLOOD FLOW RESTRICTION BANDS. TO COMPLETE THE ANABOLIC FINISHERS PROGRAM CORRECTLY, CHOOSE ONE EXERCISE PER WORKOUT AND PERFORM THE 4-5 MINUTE ANABOLIC FINISHER SET WITH BFR BANDS AT THE END OF YOUR SET.

VIDEO EXERCISE LIBRARY

Click On Any Of The Links Below To View The Exercise Demonstration Video

Lower

[Super Slow Squat](#)

Push

[Wide Grip Push-up](#)

Pull

[Plank Pull Back](#)

Core

[Plank](#)

[Squat](#)

[Super Slow Push-up](#)

[Australian Pull-up](#)

[Supermans](#)

[Jump Squat](#)

[Plank Chest Squeeze](#)

[Australian Bicep Curl](#)

[Wall Squat](#)

[Pike Push-up](#)

[Pull-up](#)

[Forward Lunge](#)

[Decline Push-up](#)

[Hanging Bicep Curl](#)

[Reverse Lunge](#)

[Close Grip Push Up](#)

[Chin-up](#)

[Calf Raise](#)

[Push Up](#)

[Double Hip Bridge](#)

[Plank Up-Down](#)

[Single Leg Hip Bridge](#)

[Bench Dips](#)

[Jump Lunge](#)

[Skull Crusher](#)

[Single Leg Squat](#)

[Elevated Pike Push-up](#)

[Dips](#)

MORE ON BFR

Newly disclosed research shows blood flow restriction training can add brand new muscle to your frame without lifting heavy weights. At the same time, your testosterone levels will skyrocket and human growth hormone levels will multiply by a whopping 290x (times). We'll dig into the research in just a bit. First, you may be wondering what blood flow restriction is.

Blood flow restriction training is a new muscle building technique where you utilize an object, similar to a light tourniquet, to restrict blood flow to an exercising muscle. It's important to note, blood flow restriction should feel like a 7/10 tightness. Do not fully constrict your arms or legs using this protocol. Although this form of training has been proven to be both safe and effective, it's important to disclaimer the tightness of the restriction early on.

And you may have heard of blood flow restriction training through another nickname in the bodybuilding world. "Occlusion training." Both are the same.

With blood flow restriction training you can add an inch to your arms in only 4 weeks! Blood flow restriction training allows men and women to train for muscle size, strength, and vascularity. All without the use of heavy weights. This is especially valuable for men and women suffering from joint pain. It's also useful if you have limited range of motion, or are recovering from surgery. This type of training follows a specific protocol lasting up to 5 minutes. You'll perform one specific exercise for virtually any body part.

For example, you can use the blood flow restriction training during a set of light-set of knee push ups or Australian bicep curls. And for legs, you can use this system with bodyweight squats or even the calf raise.

You're probably wondering what I mean by "light". With occlusion training, you can use loads as little as 20%-50% of your one-rep max in the gym or your bodyweight. And studies show you will still see the same or better return in muscle size and shape. All without setting yourself in high-risk, high-injury situations. This allows anyone, of any age, to develop strong and muscular bodies. Despite aches and pains, joint problems, or injury history. And you can avoid heavy loads.

Taking a look at the research behind blood flow restriction training; one study published in the *European Journal of Applied Physiology* showed that vascular blood flow restriction training increased muscle strength and also changed some aspects of neuromuscular function that traditional strength training could not.

Another study published in the *Journal of Strength and Conditioning Research*, found occlusion training increased both muscle-size and strength in division IA football players. Here's how they performed the experiment:

32 players were divided into two separate groups. One group would follow a blood flow restriction training routine while the other, a traditional strength training protocol. The experiment went on for 4 weeks. Both groups exercising 3 times per week. The results showed the athletes completing the occlusion training routine had greater strength improvements and muscular size adaptations compared to those following the standard weight lifting procedure over the course of the 4 weeks.

One Study Showed A 290-Times Increase Of Growth Hormone Levels During Blood Flow Restriction Training. This study was published in the *Journal of Applied Physiology* and also showed those training with blood flow restriction maintained these high growth hormone levels throughout the entire 24 hours of the day. To achieve these results, the participants didn't have to use a one-rep max. Not 80% of their max, not 50%, not even 30%! When exercising with only 20% of their one-rep max, participants were able to experience this massive surge in one of their most powerful anabolic hormones. And you can do this with this powerful muscle building technique.

You can use this Anabolic Finishers program with any workout routine. That includes workouts outside of Anabolic Running and the Advanced Anabolic Running programs. Simply tack these short workouts at the very end of your routine for a massive return on muscle growth and an anabolic hormonal boost!

