

# Blood and muscle

For muscle growth, restricting blood flow—safely—may be the next best thing to weight training itself  
By Sean Hyson, C.S.C.S.

**You're so vein.**  
*Using an elastic knee wrap to reduce blood flow boosts muscle gains.*

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Ever since that time you tied yourself up with rubber bands as a kid, you've been taught that cutting off the circulation to your arms or legs is a bad thing (fun though it may be). But research shows that mild, strategic blood-flow restriction, or BFR, may promote rapid muscle gains when done with—and even without—weight training. It may be the best thing you've never tried to break a plateau or reach a goal.

