

Too much training, a poor diet and a lack of rest will seriously strain your body

Written by

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Stress hormones such as Adrenaline, Noradrenaline, and Cortisol will be released in your body, destroying all your training efforts. These hormones will bring your body into a catabolic state causing muscle wastage (atrophy) and more stored body fat. Your immune system will also be weakened, exposing yourself to all kinds of infections. To stay healthy and achieve your fitness goals, you need to avoid stress and overtraining.

Try to intensively train each muscle to its maximum only once a week. Whenever you exercise intensively, for example using the bench press, your muscle will need at least a week to fully recover. The easiest way to test this is by trying to perform the same exercises during the following days. You will never be able to use the same weight or do the same number of reps, because your muscles have been weakened.

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