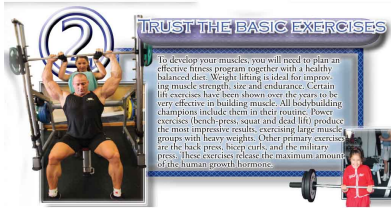


Trust the basic exercises

Written by

DATE_FORMAT_LC2 -



Trust the basic exercises

To develop your muscles, you will need to plan an effective fitness program together with a healthy balanced diet. Weight lifting is ideal for improving muscle strength, size and endurance. Certain lift exercises have been shown over the years to be very effective in building muscle. All bodybuilding champions include them in their routine. Power exercises (bench-press, squat and dead lift) produce the most impressive results, exercising large muscle groups with heavy weights. Other primary exercises are the back press, bicep curls, and the military press. These exercises release the maximum amount of the human growth hormone.

?