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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Reasons Why Bodybuilders Fail To Grow

By Wade McNutt

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Fail To Plan, Plan To Fail

Top 10 Reasons Why Bodybuilders Fail To Grow

By Wade McNutt, National Natural Bodybuilding Champion

Are you frustrated with the lack of growth you're experiencing? Then read on...

FACT ONE the reason bodybuilders don't grow is because they don't know what state there body is in to start with.

FACT TWO they don't know how to change the state they are in to induce growth. . Guess what? If you do not train properly you will never stimulate you muscles to grow. Improper training is one of the biggest reasons why most people never get the desired results form training.

FACT THREE they do not know what route to take to get there (build muscles). Most bodybuilders have no real system that changes as there body gets used to the training stress they are currently handling. They walk in the gym pick random exercises and rep ranges put there time in and come home. Where is the science in that?

FACT FOUR (which occurs primarily with steroid users who artificially build there muscles) is they can't keep the muscles they built with drugs because they don't know how to train or eat in the first place. Once they stop taking drugs there muscles disappear leaving them skinny, fat and in a worse state then if they had never used drugs.

FACT FIVE they do not regularly monitor biofeedback to determine when to change their training to continue growing. If you are not keeping record of your training there is no way you are maximizing your gains. Journal keeping allows you to track your process over years enabling you to fine tune your training and keep the gains coming continuously.

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FACT SIX they select exercises that work only work their strengths. Seldom or rarely do they work on their weaknesses and create a truly outstanding balanced physique.

FACT SEVEN Bodybuilders get sucked into bogus well marketed supplements and glitzy magazine ads to look for quick fixes instead of implementing a systemized, training and nutrition.

FACT EIGHT they do not generate enough intensity in the gym to force the body to grow. Intensity is a very misunderstood term in bodybuilding and most individuals are kidding themselves into believing they are training intensely enough to really grow.

FACT NINE they do not invest in professional specific coaching to help them achieve their best results.

Consider this what athlete in the world got to the top of his game without coaching. I will tell you absolutely none! Many bodybuilders erroneously think that they can maximize muscle growth with out coaching. Guess what they are dead wrong!

FACT TEN they let their EGO get in the way of learning the correct and most efficient way of training. They do not listen to or follow sound science or consider what other people have to say. They spend their time shooting down authorities in the sport or spouting off about their own hair brained training routine. Great athletes are life long learners. They check their ego at the door and are always looking for ways to improve, integrate and apply new training information.

I could go on about this for the whole book but you get the idea. Analyze your own thoughts and training and see if there is anything holing you back. Then eliminate your weaknesses and move forward on the path to greatness. By constant and honest self analysis you can be sure to achieve greatness in any field.

Unfortunately, drug usage has become rampant in sport and society itself. This is the current state of bodybuilding today. Many athletes get frustrated with their progress and start using drugs.

Current bodybuilding practices are so devoid of a scientific system in training that it has led to widespread and insane drug use. This abuse of drugs in turn has destroyed more physiques and made the current crop of bodybuilders look more like cartoon freaks and leftovers from the Frankenstein labs.

Not only have current bodybuilders lost the respect of society, bodybuilding has become the laughing stock of the sport world. The primary reason for this is that bodybuilders have lost respect for themselves and their bodies.

True bodybuilding is about right training, nutritious eating, a positive mental outlook, and a deep respect for yourself and others. At Freaky Big Naturally we practice and teach these ideals.

The bottom line is...

If you don't know how to build muscles without drugs you can never keep the muscles you build with drugs. Drugs are kind of like traveling internationally without a passport. You may get to your

destination but you won't be able to stay there and sooner or later you will be deported back to where you came from.

Wade McNutt is a Natural National Bodybuilding Champion and an IFBB Mr. Universe World Championships competitor. He has combined the secret techniques of Eastern Yoga Masters with cutting-edge, scientific, muscle building methods to produce a revolutionary new system called Freaky Big Naturally. Learn more at <http://www.WadeMcNutt.com> and <http://www.FreakyGrowth.com>

Know Your Bodybuilding Supplement – L-Taurine

By Rick Mitchell

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Taurine is the second most abundant amino acid in the muscle after glutamine. It performs several useful functions and can act in a way similar to creatine in that it expands cells by helping the muscle to hold more water, thus increasing cell volume. The added benefit for bodybuilders is that these expanded muscle cells boost hydration and stimulate greater protein synthesis giving an enhanced muscle fullness.

The best time for bodybuilders to take taurine is thirty minutes before training and again immediately afterwards as this will heighten the effect of training. With any amino acid supplement overdosing can lead to weakness and nausea so care should be taken in applying small doses and increasing them gradually until an optimum level is reached. Bear in mind that many protein powders and other supplements are fortified with amino acids so check the labels carefully. The manufacturer's instructions should be followed in all instances.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.



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