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"Bodybuilding Sins" That Cause Back Pain and Missed Workouts

By Steve Hefferon, CMT and Jesse Cannone, CFT

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and Jesse Cannone, CFT**

It's one thing for someone who sits at a computer all day and never exercises to have back pain, but for a bodybuilder, someone who spends hours and hours each week pouring everything they've got into building muscle, it should be criminal!

The reason we say this is because, if you are going to spend so much time, money, and energy trying to build the "perfect body", you have to make sure that you not only look good, but also feel good...

We've identified what we call "Bodybuilding Sins" that lead to back pain, sciatic pain, and other injuries... read em and take action now if you are serious about bodybuilding and are fed up with your back pain.

Because there is so much information to share with you, we've broken it down into a series of 5 articles, each covering a different component of how back pain affects bodybuilders.

Here's a breakdown of the articles to look for:

1. Article #1 – Choosing The WRONG Exercises (below)
2. Article #2 – Training Variations for Pain Relief and Maximum Results
3. Article #3 – Targeted Stretching
4. Article #4 – Targeted Exercises
5. Article #5 – Rest, Recovery, and Injury Prevention

Article #1 – Choosing the WRONG Exercises

Get ready, this is gonna hurt! The exercises most bodybuilders focus on the most, are the ones that cause the most problems... hopefully, you're different J

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But before we share with you what those exercise are, let's talk real quickly about what bodybuilding is...

The goal of bodybuilding isn't to get as big as you can, or at least to us it isn't and shouldn't be, but to build a balanced body that is as strong as possible in every way. For example, while being freakishly big may get people's attention, it serves you no purpose at all...

while on the other hand, what if you were not only big, but also extremely strong and powerful, lightning fast, flexible, and agile enough to kick ass if needed?

So many bodybuilders build massive amounts of muscle yet are so unbelievably weak and inflexible... for example, we know a guy who can bench press over 350 lbs but can't do a measly 50 push-ups!

The point is, the exercises you choose and how you perform them not only determine how big, strong, and flexible you are, but also affect how your body functions and whether or not you suffer from aches, pains, and injuries like back pain and sciatic pain.

Ok, here they are... the exercises that create the most problems and are most likely to lead to back pain:

1. Bench Press
2. Leg Extension

So, any of your favorites on this list?

While there are others, these are the two that cause the most damage.

There are several reasons why these exercises made our list of the "worst bodybuilding exercises". First, all of them target areas that already tend to get worked a lot in everyday life and often times are overdeveloped...

and by focusing so much on these exercises you end up creating muscle imbalances, or worsening existing muscle imbalances, which pull your bones and joints out of their normal position...

and this leads to uneven pressure and wear and tear on your muscle, ligaments, tendons, bones, and joints and will sooner or later lead a break down or injury.

For example, chronic overuse of the bench press, coupled with little or no exercises targeting the upper back, leads to an overdevelopment of the chest and a lack of strength and development in the upper back...

This all too common combination leads to what we call "Turtle Back". You know what we're talking about, when the shoulders are pulled so far forward, lats are as wide as barn, and from behind, their back looks like a giant sea turtle shell!

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This "Turtle Back" posture can create neck, upper back, and shoulder pain and injuries faster than you can pop an Advil!

Plus, how many times during your day are you forced to lie on your back and push up a bar loaded with weights? There are so many better exercises for chest development that not only stimulate more muscle, but also build more usable strength.

Now let's talk about the fabulous thigh builder, the leg extension...

Not only does it place an unbelievable amount of strain on the knee joint, but it also will quickly overdevelop the quads, which are already getting far more work than their counterpart, the hamstrings.

An imbalance between the quadriceps and hamstrings, which is also extremely common in bodybuilders, is a key contributor to back pain. This imbalance is easily identifiable by what people often call "Bubble Butt" or "Ghetto Booty".

So hopefully you can see how important it is to choose your exercises wisely. We strongly recommend you cut out these exercises, or at least cut back on using them and add in targeted exercises for the opposing muscle groups and targeted stretches for those tight, overdeveloped muscles.

The key to eliminating back pain, or any other ache, pain or injury for that matter, is to bring your body closer to balance...

What good is muscle if you can't use it? How many more workouts are you going to miss because of back, neck, or shoulder pain? How much bigger and stronger could you be if back pain and other injuries weren't ruining your training?

Just imagine how bad things will be 10, 20, or 30 years from now if you don't make changes to your training now... but don't take our word for it, ask some of the older bodybuilders who are paying the price now... you can spot them easily at the gym because they limp around trying to find something they CAN do.

Look for the next article, "Training Variations for Pain Relief and Maximum Results" very soon and in the mean time, if you are suffering from back pain or sciatic pain, here's what you need to do...

Head on over to our website

now to find out exactly what's causing

your back pain and the specific steps you need to take to get relief fast and get back to training at 100%.

Article by Jesse Cannone, CFT, CPRS and Steve Hefferon, CMT, CPRS Find out which

exercises actually work and you need to be doing... and which ones you must avoid like the plague!

First Aid Treatment For Bodybuilding Injuries

By Chris Chew

Prevention is better than cure, so avoid bodybuilding injuries by having proper warm ups before exercising and use correct form and techniques when training with weights.

Many of you who have followed my articles will know that I am a serious advocate of avoiding bodybuilding injuries by constantly emphasizing on proper warm ups and using proper form and techniques during weight lifting in the gym. Okay, if you think that that I am a long winded nagger, then this article, although it is still about weightlifting injuries, is no longer about avoidance of such injuries, but to treat the injuries already sustained.

This article will cover the immediate first aid treatment you will need to recover from a bodybuilding induced injuries. That is assuming that the injuries sustained are not too serious that need immediate medical attention.

Okay, so sometimes bodybuilding exercises hurt. But how do you know when it's a good hurt or a bad hurt?

The good hurt tends to occur after a bodybuilding workout and feels like a dull ache in the muscle or commonly called the "delayed onset muscle soreness" (DOMS). This type of ache usually indicates that you have been working on that particular muscle hard enough and is a response to the effectiveness of your weight lifting workout although not always necessarily so.

The bad hurt, which generally signifies an injury, is usually sharp pain and the pain comes from a specific spot like in a specific joint or muscle spot. It usually starts as an uncomfortable feeling, which you think will go away. Next thing you know, you are in full-blown pain! Oh dear, what next?

Treat bodybuilding injuries with "RICE"

The acronym RICE is for the general treatment of minor weightlifting injuries such as sprains, joint pains, tendonitis, pulled ligaments etc

R = Rest

I = Ice

C = Compression

E = Elevation

Rest — Avoid all activities that aggravate your injury. You may even need to skip your gym workout for

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a couple of weeks. Rest can mean the difference between a long recuperation (and possibly medical invasive procedures) or just a few days or a few weeks off.

Ice — Ice helps reduce swelling by restricting blood flow. 15-20 minutes, three to four times a day is recommended as long as the pain remains.

Compression — Put pressure on the injured site to help keep swelling down. You want to wrap a bandage or a towel tightly enough to feel some pressure but not enough to cause numbness or affecting blood circulation.

Elevation — Elevate the injured area to reduce swelling.

Your condition should improve with "RICE" treatment. Most of the time, you should see some results within 20 minutes of treatment. However if the pain persists or gets worse, then it time to see your doctor or a sports physician as your condition may be worse than what was initially thought to be.

Chris Chew is a personal trainer of actors, male pageant winners, models and other celebrities. More articles at his websites

and



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