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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!**

**Know All about "Power Push Ups"**

**By Venkata Ramana**

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Push ups are the most convenient way to build up your chest, shoulders, arms and upper back. It can be performed at any place, and you don't need to carry your gym with you wherever you go.

Do you know that most of the men who train with weights cannot do single handstand pushups? When I first found this out I was stunned.

A few Things to keep in mind:

Ø Always keep your hands slightly wider than shoulder width apart, with fingers together and pointing straight ahead.

Ø If you have ever had any shoulder pain, stick to the 90-degree limit. Deeper push ups can stretch the shoulder capsule and put strain on the joint. This can cause pain.

Ø Start in the upper position with your arms straight.

Ø Inhale as you lower yourself towards the floor.

Ø Don't go lower than forming a 90-degree bend with your elbows.

Ø Exhale as you push yourself up from the floor.

Ø Don't lock your elbows at the top.

Ø Your back should be straight. Don't let it sag and don't stick your butt up in the air.

Venkata Ramana is a Fitness Enthusiast and a Professional Body Builder. Visit <http://www.health-qa.com/> and <http://www.awcancer.com/> websites and gain maximum Information to stay fit and healthy.

## **Bodybuilding Overtraining**

**By Boefitness.com**

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Bodybuilding overtraining  
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When you train to much you simply won't grow from it period!

This simply means you can not resolve overtraining by increasing your sleep.

Which ultimately means you have to cut back on your workout, or even take time out from working out for about two weeks.

You have to realize when your not working for two weeks your body will still grow for a period up to a week.

But now your still asking yourself how is this possible.

Well think of it as this you've been working out for 8 to 12 weeks straight with maybe one or two days off of a week.

That still is not enough time for the whole body to grow.

So for that first week your body is still healing itself and catching up to the intense workout you have done, and will actually see yourself getting bigger.

Now I'm not saying to go cheat on your diet but you can also cut back on your protein and carbs because your not going to be using the excess carbs for energy.

Into your second gradually add push ups, pull ups, and body squats to your workout.

This way when you start working out again your body will be primed.

Here is a little workout for this.

Do these workout routines three time a week:

Two sets of push ups 25 reps each

Two sets of pull ups 15 reps each

## Know All about "Power Push Ups"

Two sets of body squats 20 reps each

And do a lot of stretching which will reduce the risk of overtraining.

Webmaster of Boefitness.com



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