

Powerful Bodybuilding Exercises for Ultimate Muscle–Growth.

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By George Papazoglou

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It's a fact. If you want to catapult your natural testosterone levels and march your metabolism to the next level, make sure that your weight training program, puts into action the magic trio, and that's bench presses, dead lifts & squats.

Most trainees miss out one, or two of those fundamental exercises, with unacceptable excuses, like: "Squats and dead lifts are designated for the hard core bodybuilders", or "Deadlifts can be detrimental to your skeletal bones".

If you want to reach your optimum genetic capacity, you just can't ignore the "magic trio".

Those are crucial compound movements which recruit the most of your muscular tissues, and as a consecutive effect, trigger muscle optimum growth.

One of your most important hormones, the "testosterone", is excreted successfully each time you perform squats, dead lifts and bench presses, more than any other exercise!

Your system is literally forced to produce even more testosterone, to correspond to demanding movements that the magic trio imposes.

The benefits of basic/compound exercises are unsurpassed:

–> Your body excretes more testosterone & growth hormones, thus greater muscularity

–> Your metabolism eventually speeds up by transforming your system to a potential "fat burner" and "muscle–builder"

–> Your strength levels are increased dramatically

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–> Your system improves its' oxygenation capacity

To reap all the advantages of a dynamic weight training session, keep sets no more than 3–6 per muscle group, while resting 2–4 minutes between sets.

The trick to knowing when you're prepared for the next set, is to wait until your heart–beat restores its' normal pace.

Ideally, the normal heart–beat is when you are walking in a steady pace, like when going out for a typical walk.

In conclusion, compound exercises like Bench–Press, Squats and Deadlifts, are a "must" for triumphant achievements in sheer power and ultimate muscle–mass.

Want to take a brief and proven test, to measure your level of success with bodybuilding? Here's a quiz,at:
<http://bodybuildingtips.net/quiz>

~~~~~George Papazoglou is the Creator of theUltimate Muscle Building Systems andthe <http://bodybuildingtips.net> site.~~~~~

### **Muscle–Building Exercises and Growth–Boosters.**

**By George Papazoglou**

I have 'emerged' some subtle bodybuilding techniques that infuse rapid muscle–growth to any trainee. You see, the "factor of top intensity levels" in combination with "aggressive workouts that expel pure testosterone bursts", is the key to a fantastic muscular development.

Yesterday, another non–typical "Chest & Biceps" workout suffused my body to some \*wondrous moments\* of exhilaration and "incredible muscle–inflation".

I got so pumped... That I could hardly weep the sweat out of my Forehead!

My adrenaline was sky–high, my heart pounded like a piston and there I was enjoying a spectacular workout, which was even better than...

**SEX!**

I have been distinguished for the small in duration, high in intensity and abbreviated in time muscle–building fundamentals.

## Powerful Bodybuilding Exercises for Ultimate Muscle–Growth.

Each and every weight–training session is of crucial importance!

Your mind must be mentally prepared for an inevitably brutal, scientifically structured bodybuilding schedule.

The most potent muscle–building exercises, those which command your body to reach new levels of muscle–growth, are Squats, Deadlifts and Bench Presses; combine these exercises astutely, in combination with the Ultimate Muscle–Building System (see

) and a

strategic infusion of "SUPERSETS" and "MEGA SETS" to succumb new signals of newly generated muscle–tissue.

These exercises will multiply your physical power at astoundingly rapid paces while increasing your metabolism; add to your dieting egg whites, red meat, pasta, rice, vegetables, pure protein, fibers and liquid–based creatine.

( see

)

The astute combination of the "testosterone boosting" exercises and natural HGH releasing techniques that are induced during exercising with a short in duration, high–in–intensity and adrenaline peaking scheme... forced my body to grow to its' maximum capacity, while retaining my fantastic gains.

The most successful workouts are ideally inculcated within a 30–45' training session. I've even had tremendous responsiveness in new muscle–size by training even for as little as 25' per workout.

The secret to total muscular development is directly correlated with the factors of timing, exercise combinations, intensity, recuperation, muscular amplification during workloads and other sensitive parameters.

Every weight–lifting schedule must force your body to "flow" superfluous anabolic hormones like testosterone and HGH, which your body produces. Combine with "CNS–friendly" (Central Nervous System) recuperation periods, and rejoice fantastic gains in shorter periods.

George Papazoglou is the Creator of the Ultimate Muscle–Building Systems at:

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