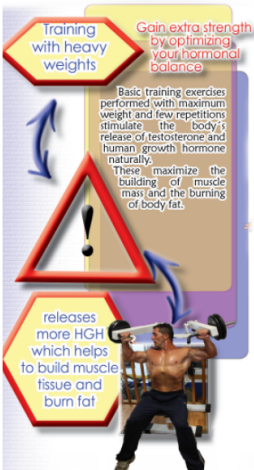


Gain extra strength by optimizing your hormonal balance

Written by
DATE_FORMAT_LC2 -



Gain extra strength by optimizing your hormonal balance

Training with heavy weights releases more HGH which helps to build muscle tissue and

burn fat

Basic training exercises performed with maximum weight and few repetitions stimulate the body's release of testosterone and human growth hormone naturally.

These maximize the building of muscle mass and the burning of body fat.