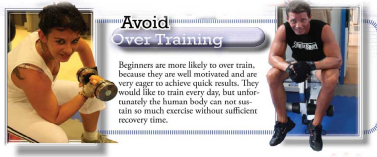


Avoid Overtraining

Written by

DATE_FORMAT_LC2 -



Avoid Overtraining

Beginners are more likely to overtrain, because they are highly motivated and are very eager to achieve quick results. They would like to train every day, but unfortunately the human body can not sustain so much exercise without sufficient recovery time.

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