

# Don't forsake enough sleeping and resting periods!

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- Many people suffer a training plateau simply because they overtrain. You need to give your body sufficient time to recover after each training session. It is during these rest and sleep periods that your muscles grow.
- Symptoms of overtraining include: a moody personality, a high heart rate, a lack of energy, no desire to train, a loss of appetite, sleeping problems, and general weakness. Whenever you experience these symptoms, stop training and take a few days to rest and catch up on your sleep.
- To avoid overtraining, and to refill your energy level, we advise that every 5 to 6 weeks you schedule a light training week. You should exercise using lighter weights with lots of reps. A less stressful week on your body can result in a miraculous recovery of energy, strength, and motivation. Your desire to train is regained, leading once more to effective and productive training sessions.

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