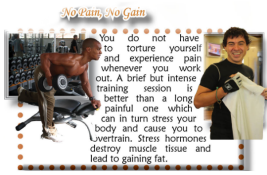


# No Pain, No Gain

Written by

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No Pain, No Gain

You do not have to torture yourself and experience pain whenever you work out. A brief but intense training session is better than a long painful one which can in turn stress your body and cause you to overtrain. Stress hormones destroy muscle tissue and lead to gaining fat.