

General Exercise Tips:

1. Before you start squatting, watch yourself sideways in the mirror. Your tibia (shinbone) and upper body should be parallel to each other in the squatting position. If they are not in line, the likelihood of injury increases.
2. Static stretching before a workout weakens the muscle. Do it at the end of the workout. Do dynamic warm-ups to start the workout. (jumping jacks, lunges, rear delt-flyes etc.)
3. The body adjusts to workouts after about a month. So switch it up! It keeps the body guessing, growing, and makes it more fun and interesting.
4. Watch yourself in the mirror from the side when lunging. The knee that's down, the hip, and your shoulders should be in a direct vertical line for best results.
5. When planning an exercise program, you're more likely to attain a goal if you set one. Working out without a goal is like driving without a destination. You burn a lot of energy but never get anywhere.

Signs of Overtraining:

1. Restless Sleeps
2. Strength doesn't progress or it even declines
3. You lift through pain in muscles or joints
4. Unexpected weight gain even though you're working out more
5. Lack of energy before you workout-feeling physically drained

Anabolic (build up) vs Catabolic (break down)

Anabolic lifting is 45 min-60 min.

After that, break down of muscles occurs resulting in catabolism

The idea is to spark growth, not destroy the muscle. If you're training over an hour, you're either overtraining or not training hard enough.

It is better to undertrain than overtrain. Undertraining still produces growth. Overtraining does not.

Top Muscle Building Exercises:

1. Dead lifts
2. Squats or Lunges
3. Bench Press or Dumbbell Press
4. Barbell or Dumbbell Row
5. Dips
6. Pull-ups
7. Push Press (squat and press with barbell or dumbbell)
8. Straight Leg Dead lifts