

## Are Your Workouts Becoming A Chore?

What I want to talk to you about is something that has really affected me of late, and something that can hamper the gains of all bodybuilder's at one time or another. The problem? Plateaus. There you are, making steady gains each and every week, increasing the amount you are using by a pound or two... Until suddenly, one week you find you can no longer increase the amount you are lifting without compromising on form or the amount of reps you're putting in. If you've been here before yourself, you will know that the words "extremely frustrating" are an understatement! So what can you do? Well if like me, you feel like you've completely let yourself down if you skip a single workout, what I'm going to tell you may not be what you want to hear! Because the only way to get past a sticking point is FOR YOU TO TAKE A BREAK. That's right, do absolutely nothing FOR A WHOLE WEEK! No resistance work, no cardio. But why for so long? You've been pushing your body to its limit for an hour or so every day for the last month, right? Well the amount of strain this puts your muscles and joints under is incredible. If you're working out every day with 24 hours between each workout, your body is repairing itself to a certain extent... but never completely with such a short rest period. Therefore, respond to what your body is asking, and giving it some well earned rest every 6-8 weeks from all of those intensive sessions you've been performing. It can sometimes be hard not to feel guilty about these breaks especially on the first day or two of your week off. If you start to feel this way, just keep telling yourself that what you are doing is of huge benefit in the long run, and avoid the temptation to "prove to yourself" that you can go without a break. Just use this time to concentrate on your diet, and write up a set of workouts different to the last month, for when you get back to your gym. If you're clever, you will be able to time your break with an event that may be happening in your life. For example, have you got a vacation coming up or a change in your job? If so, use this week to completely to relax and forget about scheduling your workouts. I hope you're starting to hear what I'm saying here. Less really is more when it comes to building muscle, and a timely break will help you beat that plateau, and minimize the risk of a layoff through illness or injury!

## About the Author

Submit your articles to article directory drive free targeted traffic to your websites. Publishers and webmasters gain easy access to best articles.

Source: <http://www.productsherbal.com>