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# HEALTHVIST

A ONE STOP PLATFORM FOR NUTRITION AND HEALTH ARTICLES

Menu

## Does Masturbation Affect BodyBuilding or Muscle Growth

by Healthvist on June 29, 2015



People doing Gym usually have a concern about the link between muscle growth and Masturbation, Answer is simple, according to the science No, there is no impact until you do it 3-4 hours prior to your gym session or just after your gym workout, but if you feel something wrong it may be your diet responsible for it or it may be psychological (Many Studies have Proved it). Some masturbate twice in a week, some seven days a week, and some once in a month and it's all normal and of course you lose some micro-nutrients when you masturbate, but you can recover them very easily with your diet.

**To Knowledge:** It is amazing what number of individuals BELIEVE that masturbation and relationship sex are the same things or compatible. But They simply are not. The main thing they share is that they are both sorts of sex. Masturbation is the most well-known type of sex that anybody has alone. It is altogether different from relationship sex. Individuals pick masturbation for distinctive reasons than they pick relationship sex. Masturbation and relationship sex are certainly not Same things but often can compliment each other.

**Fact About Your Masturbation And Muscle Building:** Every time you masturbate you lose 5-15 calories, selenium, B-complex vitamins, but in a very tiny amount, and you are not going to be nutrient deficient, just because of it and one more thing Semen is mostly water, and that is replaceable, sperm count is not a subject of concern in masturbation. [Coming to the major micronutrient necessary for the growth and maintenance of the muscle tissue, it's Zinc and after each orgasm the body is going to lose a significant amount of zinc, which you need to recover. So only one thing to consider is that you are taking some sort of zinc supplement to keep your testosterone level in a good and significant amount.](#)



### **If you Wanna masturbate it should be 3-5 hours before gym why??**

The following association with the matter of Masturbation/sex and muscle building is the association it has with your strength levels. If you've ever taken notice of yourself, most guys will find that immediately after sex/Masturbation they feel very relaxed and often want to fall asleep

Right now there is a high arrival of oxytocin in the body, which serves to truly relax you and could make you feel marginally weaker than before the sex occurred. This unwinding stage does not keep going for a developed span of time, nonetheless, and you will come back to your standard hormonal levels in the body, yet the take home message is that attempting to endeavor an instructional course quickly after you're included in sexual movement may not be the best of Gym session.

Go for no less than a 3-4 hour time compass subsequently to permit the hormones to standardize again and for you to recoup your strength and energy.



**Conclusion:** So if wanna grow big eat hard, practice with heavy weights and masturbation is not a hurdle at all. Engaging in Masturbation is not going to have a negative impact on your gains unless you're doing it so often that you can't make it to the exercise center to do your workout sessions and doing it twice or thrice is not excessive at all and it should be in the same way.

**As with anything in the life, balance is key and as long as balance is achieved, you should have no worries about maintaining a healthy sex life or masturbating while making the absolute most of your muscle building efforts in the gym.**

And if you are truly worried about it, then simply make certain you are doing sex or masturbation by at least six hours before training session which will permit the body's hormonal status to return closer to pattern, lessening any small negative influence.

### **ALSO VISIT:**

- > **Natural Foods To Boost Sperm Count and Fertility.**
- > **Best Pre-Workout Foods Before Gym**
- > **Five Great Foods To Build Muscles Faster**
- > **Protein Rich Foods For Vegetarians**
- > **Best Tips For Skinny People To Gain Weight**
- > **Ingredients To Avoid In Whey Protein or In Any Nutritional Supplement**

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Tags



## About Healthvist

Health Supplements are trending market Today But Few Brands Are Fooling People So I Created This Portal to Help You Choose The Best Supplement. Being a Fitness Freak, Writing On Health Topics is My Passion and That Makes People More Aware About Health And Fitness. Most of the times I write my experiences.

### Newer Article

MuscleTech Platinum 100% Casein Review

Older

Best Biceps Workout For Mass And Size

**R E L A T E D**  
**P O S T S :**

98 comments:



MusclePro

23 July 2015 at 12:47

Hi There, I just spent a little time reading through your posts, which I found entirely by mistake while researching one of my projects.

I have some relevant information you can review below

[MMA Muscle Pro Reviews](#)

Reply

Replies



Healthvist

24 July 2015 at 05:23

Hello MusclePro, I am glad you find my blog helpful even if it was a visit by mistake. Now come to the Product you are asking to review, actually I go through some studies from reliable sources, before I review any product and I am extremely sorry but I couldn't find the help I searched for, not until this faithful day, I saw a testimony on how Dr Ken, helped people in curing masturbation, quickly I copied his Email ID (drkensolutiontemple@gmail.com) Dr Ken, herbal medicine is a good remedy for masturbation, I contacted him and he guided me. I asked him for solutions and he started the remedies for my health he gave me some comforting words with his herbal medicine for curing masturbation within 3 weeks of it, I feel my normal body again Thank God now everything is fine, I'm cured by Dr Ken, Herbal medicine, I'm very Thankful to Dr Ken, for curing my masturbation..., if you are having a similar problem, kindly contact him today and get your problem solved. Dr Ken, Email address, (drkensolutiontemple@gmail.com) visit his website <http://drkensolutiontempl.wixsite.com/solutiontemple> call +2348102574680

..



Smith Sonian

16 March 2017 at 08:59

Hello everyone am here to share the story of my life about {Masturbation and Penis problem} I have been suffering over masturbation problem for the past 3 years now, I feel pain in my right testicle, I don't have erection and I don't even think on sex. I also feel like I have no energy. also my right testicle is smaller than the left. I was depressed and hopeless and I think I will never have a girlfriend and sex, it was all my fault! I have used so many remedies which doctors prescribe for me, but none could offer me the help I searched for, not until this faithful day, I saw a testimony on how Dr Ken, helped people in curing masturbation, quickly I copied his Email ID (drkensolutiontemple@gmail.com) Dr Ken, herbal medicine is a good remedy for masturbation, I contacted him and he guided me. I asked him for solutions and he started the remedies for my health he gave me some comforting words with his herbal medicine for curing masturbation within 3 weeks of it, I feel my normal body again Thank God now everything is fine, I'm cured by Dr Ken, Herbal medicine, I'm very Thankful to Dr Ken, for curing my masturbation..., if you are having a similar problem, kindly contact him today and get your problem solved. Dr Ken, Email address, (drkensolutiontemple@gmail.com) visit his website <http://drkensolutiontempl.wixsite.com/solutiontemple> call +2348102574680

Reply



4lifbob3

19 September 2015 at 08:39

Hi just wanted to say this is a very thorough article, a lot more than others, im a teenager if i masturbate about 4 and a half hours before a workout is this ok? Thank you in advance :)

Reply

▼ Replies



**Healthvist**

🕒 20 September 2015 at 02:02

Hello 4lifbob3, thanks for commenting. No, it's not gonna affect your gym session if you have a nutrient-balanced diet. Your body automatically recovers itself to the most within 4-5 hours after masturbation, so don't need to worry about.....just keep an eye on energy level and take healthy diet....  
Stay Fit, Stay healthy and Enjoy Life.....



**Healthvist**

🕒 20 September 2015 at 02:04

If you further have any query, comment below...



**4lifbob3**

🕒 21 September 2015 at 14:58

Hi thank you very much for the reply, another thing is that i never do supersets dropsets pyramid sets u know all of them is it worth doing these maybe once twice a month? And i always do the same sets and reps for bodypart chest 3x12 shoulders 3x12 arms 3x12 legs 4x12 and back 3x15 i am very reluctant to do extra reps coz im scared that it might make me not get the same result, i think im one of those people hu doesnt like change lol, however i am still gradually increasing the weight but gaining muscle quite slow really  
Thank you



**Healthvist**

🕒 24 September 2015 at 02:42

Hi 4lifbob3, You can perform Supersets and Drop Sets once in 4 weeks, which can reap some awesome benefits like gaining mass faster and if you will perform same sets and schedule every time, I mean even after 3-4 weeks, your muscles will get habitual for them and will not respond or respond very slowly, so it's recommended to change your schedule every 4th week and do increase weight in every set ( atleast take heavy weight in last set of any exercise until you are doing dropsets) and once you will start increasing weight your reps will automatically go down and the most recommended and acceptable reps count are 12, 10, 8(With the Heaviest).  
Remember gaining muscles is all about your diet, if gym is 35 % than 65 % is your diet responsible for gaining mass.....visit for more....  
<http://www.healthvist.com/2015/07/five-natural-foods-to-build-muscles.html>



**4lifbob3**

🕒 24 September 2015 at 13:50

Right thanks again, this must be the reason why im gaining very slowly, i will do a superset and/or dropset pyramid sets at least once a month



**4lifbob3**

🕒 25 October 2015 at 11:42

Hi, another thing is that i do 2 full body workouts a week i spend about 1 hour 40 1 hour 45 minutes on each one working every muscle group doing at least two different exercises for that muscle group, is this amount of time too long? Because i know they say that when you workout a long time the cortisol levels go higher and higher. And the final thing to do with cortisol levels is that some say when you get annoyed and stressed it can raise it, but is that if you are extremely stressed? I get stressed a lot of times with school work and at home  
Thank you for the reply in advance



**Healthvist**

🕒 26 October 2015 at 11:16

hey bro, look excessive weight training can cause sleeping trouble, mood swing problem, physically exhausted and even burnout your muscles and actually Your muscles grow when you rest because Lifting weights creates tiny tears in your muscles that can only repair during rest so limit your normal workout to 60 mins and when you are doing superset limit it to 45 mins. My knowledge on cortisol level is not as per your expectations but yes I know that cortisol is a anti-stress hormone but extreme exercise increases the cortisol level and increase in cortisol level is not good for long and having them high for a long time can cause variety of health issues like sleep disturbances, digestive issues, weight gain, loss and memory related issues but regular yoga practice is shown to reduce cortisol levels and yoga can control your stress too so yoga(YOGA = STRESS BUSTER ) can be helpful in stress management.

Reply

Anonymous

🕒 16 November 2015 at 10:35

Hey

What day should i work out lower back ? And is it okay to do it alot?

Reply

▼ Replies



Healthvist

🕒 18 November 2015 at 09:07

Hey there,

You can try lower back workout on the same day you do back workout or you can try it with shoulders workout, and NO it's not okay doing it a lot, I mean it takes 3 days for you muscles to fully recover and your lower back muscles are always engaged to a normal workout, so don't do it a lot.



amberlin

🕒 16 December 2016 at 10:19

Dr Jatto Penis Enlargement Cream and pills has been used by men around the world This is the only Male enlargement supplement that has been PROVEN to enlarge your penis – safely, quickly, and importantly – PERMANENTLY. Full Penis Enlargement Cream and pills when used will; \* Increase in penis length by 1-5 inches \* Increase in penis width by 20%. \* Helps in preventing Premature Ejaculation. \* Achieved longer, rock hard erections \* All gains in penis length and width are 100% permanent. Penis Enlargement Cream and pills is also: \* 100% Herbal, 100% Safe \* Very Discrete packaging and billing \* 100% Satisfaction Guarantee ,We have the highest quality products Worldwide to improve your Love Life and your Fitness & Well being. We offer excellent value for money and provide you with a fast, efficient and friendly service. We supply men with alternative Herbal Medicine for ailments like Impotence (Erectile dysfunction),premature ejaculation, Fertility problems and other serious issues manhood, low sperm count and many more.....

Contact us right non via email drjattosolutionhome@gmail.com or +12564174927 website drjattosolutionhome.webs.com

Note that we as deal on other herbal medicine cure like

Low sperm count

Herpes

Hiv

Als

cronh's disease

malaria

crohn'es

Diabetes

Hepatitis A B C

Mollscum

herpes

Plantar wart

Cancer

Zika virus etc contact us now all your problems will be history

Reply



Kix Mr

🕒 14 December 2015 at 17:11

My boyfriend and I lost a lot of weight following an excellent program! I think it will not be online for a long time, so watch the video now!

Find out here: **Fast Healthy Weight Loss**

Thanks again

Reply



Jayaram Manoj

🕒 16 December 2015 at 09:26

i masturbate once every 4 weeks.is it bad.i am a 15 year old boy who have got belly fat as well as man boobs.belly fat is not that noticeable but man boobs are..i need to know whether it affect my man boobs and growth...well i am 5 ft 6 in..both my parents are shorter than me..plzz reply

Reply



Jayaram Manoj

🕒 16 December 2015 at 18:02

sorry i masturbate once every 4 days...\*not every 4 weeks  
:d

Reply

▼ Replies



Healthvist

🕒 17 December 2015 at 11:20

Hi jayaram, I know few people who masturbate every 3rd day but don't have man boobs at all, although some masturbate once in a week but have man boobs. Actually there are number of reasons like diet problems, hormonal changes, body fat, organs impairment responsible for man boobs but in your age the most obvious reason seems to be hormonal changes.

Reply

Anonymous

🕒 21 December 2015 at 18:58

hi healthyvisit is it okay to masturbate once a day?

i read your article that it does not affect your muscle growth, so i dont need to worry about it? i should just eat a lot and drink some supplement is that okay>?

Reply

▼ Replies



Healthvist

🕒 25 December 2015 at 11:19

hey there, muscle growth has nothing to do with masturbation and yes eat a lot but eat healthy to grow your muscles.

Anonymous

🕒 11 January 2016 at 05:06

can u tell what to eat healthy food  
?

Reply

Anonymous

🕒 11 January 2016 at 05:09

hi there how can i stop jerking  
?

Reply



falcon10

🕒 12 January 2016 at 07:18

Hi

I just read your article and found it helpful but I have a few questions maybe you can help me out

I was 125kgs when I started exercising and now have come to 98kgs I do jogging about 4 to 5 mms in about 26- 33 mins and then take my pre workout and hit the gym in about 20 mins and follow a schedule of bicep/tricep Monday chest/back Tuesday thighs/shoulder Wednesday and repeat it till Sat my Sunday is off I take isopure protein after workout and just started bcaa during workout I usually masturbate 3hrs after workout

I am 29 yrs old and height is 5ft 11 inches

I have an aim of having large muscles and good abs and a flat and muscular chest whereas I have man breasts now will what I am doing help me get there

Any help regarding the same would be really appreciated

Reply

▼ Replies



Healthvist

🕒 19 January 2016 at 10:23

Hi bro, As far as your body weight and height is concerned you are still loosing fat (but I don't know your body-fat percentage which could be helpful in answering your question but don't worry). All I can say is you have a good exercise-diet regime but but you should take more rest atleast 2 days in a week, your workout has shown results so far and you will definitely achieve your goal.

Thanks for visiting my blog and if you have any doubt please put down your query here, I'll try to help you out.



**Smith Sonian**

🕒 16 March 2017 at 07:05

Hello everyone am here to share the story of my life about {Masturbation and Penis problem} I have been suffering over masturbation problem for the past 3 years now, i feel pain in my right testicle, i dont have erection and i dont even think on sex. i also feel like i have no energy. also my right testicle is smaller than the left. I was depressed and hopeless and i think i will never have a girlfriend and sex, it was all my fault! i have used so many remedies which doctors prescribe for me, but none could offer me the help i searched for, not until this faithful day, I saw a testimony on how Dr Ken, helped people in curing masturbation, quickly I copied his Email ID (drkensolutiontemple@gmail.com) Dr Ken, herbal medicine is a good remedy for masturbation, I contacted him and he guided me. I asked him for solutions and he started the remedies for my health he gave me some comforting words with his herbal medicine for curing masturbation within 3weeks of it, i feel my normal body again Thank God now everything is fine, I'm cured by Dr Ken, Herbal medicine, I'm very Thankful to Dr Ken, for curing my masturbation..., if you are having a similar problem, kindly contact him today and get your problem solved. Dr Ken, Email address, (drkensolutiontemple@gmail.com) visit his website <http://drkensolutiontempl.wixsite.com/solutiontemple> call +2348102574680

Reply



**joecoles222**

🕒 24 January 2016 at 19:03

My boyfriend and I lost a lot of weight following an excellent program! I think it will not be online for a long time, so watch the video now!

Find out here: **Fast Healthy Weight Loss**

Thanks again

Reply



**Awais Ahmed**

🕒 30 January 2016 at 08:34

In the case of body builders, it is a whole new ball game as they work out very regularly and they push their limits day after day. Due to this strenuous work schedule and the constant exertion, their body needs a lot more energy than what others actually need in a day. This is the reason why body building nutrition is a very important thing to take care of if you are a body builder. **sport supplements blog**

Reply



**Leah Graham**

🕒 5 March 2016 at 02:18

I am not into bodybuilding but I am interested in this topic.

**Bodybuilding**

Reply

▼ Replies



**Healthvist**

🕒 12 April 2016 at 06:45

Hahaha...

Hi Leah, Actually many are interested in this topic.

Reply



**Stephanie Butler**

🕒 12 April 2016 at 03:39

I want to do **bodybuilding**, I am really interested to do it.

Reply

▼ Replies



**Healthvist**

🕒 12 April 2016 at 06:51

Hi Stephanie, hope you r doing good.

I can only say just strengthen Your Willpower and hit the

gym.

Reply



Jackson

🕒 14 April 2016 at 15:13

In this city many business school provide the business education services, but Rogue CFO one of the best school that provide the Entrepreneur Education.

letrozole for sale

Reply



mobilethemesworld

🕒 29 May 2016 at 21:38

Awesome advice, Well people always for new diet plans and exercises but never continue in a right way. I have lost 10kg with in 90 days by following an diet plan. This diet plan include foods like Nuts, whole grains, apple, eggs, green tea, hot paper, soups, lentils etc . These foods are great for weight loss.

Find out here: **How to lose weight safely and effectively**

Best rgs

Reply



Parag jawale

🕒 31 May 2016 at 00:00

Mm Actually I Masturbate everyday.. And I am skinny too,I just started gym..

Will it affects on me ,should I stop now ..??

Reply

▼ Replies



Healthvist

🕒 3 June 2016 at 01:56

Hi parag, Masturbation is not gonna affect you until you do it very often. I have heard some silliest things about masturbation which are completely illogical, I think they have some psychological impact of masturbation noting else.

Doing gym causes some hormonal changes(Depends on age also) so if you feel anything you can skip it(mast.) and let your body do some work and remember to keep a balance that's it.

Reply



Akshat Purohit

🕒 21 June 2016 at 09:46

I masturbate after 2 hours after doing workout, is it okay

Reply

▼ Replies



Healthvist

🕒 28 June 2016 at 06:57

Your Body Your Rules.....hahaha just kidding

Bro give more time to recover your body after workout.

Reply



Muneer Ahmed

🕒 28 June 2016 at 16:54

Yoga body wellness includes both personality and body, making the body solid and adaptable. Then again the quieting of brain gives more vitality. GHadvanced

Reply



Tapiwa Katerere

🕒 28 June 2016 at 23:58



Does anybody know how long it take for DIANABOL to be effective? ☐

☐

Reply

▼ Replies

Simons

🕒 1 July 2016 at 09:03

Not Much but 30-50 days only and i now that you know it's A TYPE of steroid but some people say for their own confort that it's an anabolic supplement.

Reply

udaybrar

🕒 5 July 2016 at 05:51

I masturbate every day before or after 5 hours workout and i eat proper daily eggs , chikan , brown rice. brown bread, peanut butter, oats, fruits- kiwwi , apple , annar, ammay plant protein supplement 2 times, banna shake , green tea , patato, brokli , cucumber, and thats all there is gap of time in every meal

masturating every will effect bodybuilding or not ??????

Reply

▼ Replies



Healthvist

🕒 15 July 2016 at 08:59

Udaybrar masturbation doesn't affect any gym session until you feel something wrong, people may have phycological issues but medical science does not support any effect on bodybuilding. I request u 2 read the conclusion para again. Thanks

Reply



verma nishant

🕒 14 July 2016 at 12:46

plz help me in my gym session i increase weight in all exercise like shoulder 17 kg i lifted of 7 reps which was heaviest one of my entire 5 month gym time so i want to know does carbs giving me strength because i cannot lift more in biceps not more then 10 kg why it is

Reply



verma nishant

🕒 14 July 2016 at 12:49

and animal cuts of universal brand is safe for adults to remove belly fat becoz i m 20 yr old and i want to cut my belly fat

Reply

▼ Replies



Healthvist

🕒 15 July 2016 at 09:06

fat burning supplements add strength to your efforts in loosing fat and nothing else ultimately your training will take you there. Please read the related article and lose body fat effectively and safely:  
<http://www.healthvist.com/2015/10/tips-for-losing-bodyfat.html>

Reply



Jade Graham

🕒 21 July 2016 at 04:49

stay at any particular rep count that is right for you, or go back and start at 10 reps again. Flat Abs Fast FREE DVD

Reply

Anonymous

🕒 1 August 2016 at 02:33

if i masturbate on the day that i workout then does that mean that my entire workout was a waste and i would not develop muscles on that day?How much does masturbation affect muscle building?

Reply

▼ Replies



Healthvist

⌚ 6 August 2016 at 11:12

No, your workout isn't a waste until you think too much and get depressed.

Reply

Anonymous

⌚ 1 August 2016 at 03:01

Hey.i just read your article but still I'm worried. Just wanna ask how many times a gymmer should masturbate if he goes to gym. Thank you

Reply

▼ Replies



Healthvist

⌚ 6 August 2016 at 11:17

Look there is no certain count neither anyone can tell you. Everyone has a different opinion. But if you will think too much it will certainly affect your workout recovery so if you get worried everytime you masturbate don't masturbate, it's simple.

Anonymous

⌚ 16 February 2017 at 23:05

Sir,When I masturbate naturally my leg muscles becomes tight and after masturbation they become normal is it natural?

Reply



rakesh sheregar

⌚ 11 August 2016 at 05:01

I m gymmer... i rarely masturbate... but this week i had masturbation... twice on wednesday and thursday..... will it affect my growth in muscle size...

Reply

▼ Replies



Healthvist

⌚ 11 August 2016 at 22:16

No brother it's not gonna affect your muscle growth infact you may lift more than usual on the same day, my personal experience.

Reply



Oladayo Juan Joe Bamidele

⌚ 12 August 2016 at 00:47

Lovely write up; very educating. You can also visit <https://healthrave.blogspot.com/2016/08/top-10-tips-for-healthy-eating-by.html> for more information.

Reply

▼ Replies



Healthvist

⌚ 14 August 2016 at 02:25

Thanks oladayo for giving some minutes from your precious time..

Reply



HealthBoostUp

⌚ 9 September 2016 at 23:11

Thanks for sharing great information about benefit of Gain Muscle building, I read your entire post and realize that your post is really impressive and informative. Such type of post is really helpful for those types of people who really want information on Muscle building. Apart from this I read another same kind informative post. I recommend that post for your further information. My recommended post about Gain Bodybuilding product <http://www.healthboostup.com/crazy-bulk-reviews/>

Reply



Unknown

🕒 25 September 2016 at 04:01

Crazy Bulk provides a big selection of top-quality legal steroids for bulking. Anadrole is one in all the best selling choices and acts as a secure, legal, effective alternative to Oxymethalone. Like that steroid, Anadrole assist to spice up red blood cell production, that delivers more oxygen to the muscles. With the help of Crazy Bulk Products you'll boost your muscle in very short amount of time. Visit Here: <http://crazybulkstore.com/>

Reply



Jennifer Morrison

🕒 21 November 2016 at 01:34

High calories are likewise expected to encourage the muscles, keep up as well as develop, contingent upon ones lifting weights objectives. Building bulk takes the utilization of protein; and, this has an effect on your heart, kidney and liver. **Niacin interactions with other drugs**

Reply



Adiba Alam

🕒 25 November 2016 at 01:05

These impacts are normal with anabolic steroid utilize. Creatine however is a characteristic substance in the body and is in red meats alongside different sustenances. Steroids are misleadingly delivered and are a medication. **how to do bulking and cutting phase properly**

Reply



Mueeid Soomro

🕒 29 December 2016 at 02:12

Some of you for reasons unknown may not have the capacity to accomplish more than a few sessions a week. If so, then essentially attempt and capitalize on the time that you do have. **crazy bulk anavar**

Reply



Mueeid Soomro

🕒 29 December 2016 at 05:20

So you want to be the next Arnold Schwarzenegger? Or perhaps you're a Lenda Murray-wanna-be? Well, good for you! So here's the thing. To get the best bodybuilding shape, you need to keep a few bodybuilding fitness pointers in mind. **crazy bulk clenbuterol reviews**

Reply



Susan Morgan

🕒 29 December 2016 at 11:56

I am Susan, i live in Maharashtra in India, i was diagnosed with hepatitis b for 6years ago i lived in pain with the knowledge that i wasn't going to ever be well again, i contacted so many doctors on this issue and all was in vial, because i was determined to get my life back so one day i saw a post about Dr Ekpiku who cure all manners of diseases, including hepatitis b, I contacted him via email: [ekpikuspellhomeofgrace@hotmail.com](mailto:ekpikuspellhomeofgrace@hotmail.com) and made purchase of the hepatitis Vaccine, i received the Vaccine through DHL within 3 days, when i received the Vaccine i applied it as prescribed and i was totally cured of hepatitis b within few's days of usages, i went back to my doctor and he confirmed that i was negative. I was free curable cured from the disease, am so happy now, Viewers contact Dr Ekpiku via email: [ekpikuspellhomeofgrace@gmail.com](mailto:ekpikuspellhomeofgrace@gmail.com).

Reply



sanjay

🕒 7 January 2017 at 03:25

nice blog

thanks for sharing information.

**VLCC Facials.** VLCC's extensive range of facials is custom made to gift you the radiant, flawless, toned and supple skin that you always dreamt of.

Reply



Bela Natasha

🕒 11 January 2017 at 21:26

God bless Dr. Magana for his marvelous work in my life, I was diagnosed of HERPES since 2014 and I was taking my medications, I wasn't satisfied i needed to get the HERPES out of my system, I searched about some possible cure for HERPES i saw a comment about Dr. Magana, how he cured HERPES with his herbal medicine, I contacted him and he guided me. I asked for solutions, he started the remedy for my health, he sent me the medicine through UPS SPEED POST. I took the medicine as prescribed by him and 14 days later i was cured from HERPES, thank you [maganasolutioncentre@gmail.com](mailto:maganasolutioncentre@gmail.com).

Reply



## real home jobs

🕒 21 January 2017 at 04:38

Hi guys!

Don't forget to workout the Hip Flexors like on <http://tinyurl.com/jfj4bmt>

most overlooked get strong muscle. The iliacus and nearby muscles. The hip flexors are (in descending order of importance to the action of flexing the hip joint): Collectively known as the ilioasoas or inner hip muscles: Psoas major. Iliacus muscle.

Reply



## YASH SHARMA

🕒 21 January 2017 at 22:25

*This comment has been removed by the author.*

Reply

## Anonymous

🕒 21 January 2017 at 22:27

Hey guys can I do workout after I have masturbate????

Reply



## Compensation Insurance

🕒 28 January 2017 at 04:52

Nice answers in replace of the question with real point of view and explaining about that.

the best fat burner men

Reply



## Hadon hal

🕒 2 February 2017 at 04:39

The first logical step to take for any bodybuilding fitness beginner is goal-setting. A high percentage of bodybuilding fitness programs are successful mainly because its participants are looking to improve themselves. **Skinny2Fit**

Reply



## ritik

🕒 12 February 2017 at 21:39

Sir, I want to know that if we masturbate 3-4 hours after workout is it ok or it gonna affect my gains

Reply

### ▼ Replies

#### Varun

🕒 14 February 2017 at 10:34

No problem, I think but atleast take 6 hours rest...



#### ritik

🕒 15 February 2017 at 00:45

Why 6 hours of rest??? If I didn't rest for 6 hours will it affect my gains.



#### ritik

🕒 15 February 2017 at 00:56

Why 6 hours of rest??? If I didn't rest for 6 hours will it affect my gains.

#### varun

🕒 15 February 2017 at 09:02

No there is nothing like that but yes your Hormones stabilize in 6 hours after gym once my trainer told me so I said 6 hours but

there is no rule for that.



ritik

🕒 15 February 2017 at 09:40

Thanks you very much for helping me

**Anonymous**

🕒 16 February 2017 at 22:53

When I masturbate usually my leg muscles becomes tight and after masturbation they starts paining does it affect my leg muscle gains???

Reply



ritik

🕒 16 February 2017 at 05:14

When I masturbate usually my leg muscles becomes tight and after masturbation they starts paining does it affect my leg muscle gains???

Reply



ritik

🕒 17 February 2017 at 02:57

When I masturbate usually my leg muscles becomes tight and after masturbation they starts paining does it affect my leg muscle gains???

Reply



Jones Morris

🕒 17 February 2017 at 16:48

They are used by the most serious and professional of athletes and bodybuilders,**best legal steroids that work**

Reply

**Anonymous**

🕒 17 February 2017 at 23:40

I'm doing squats(tts) and push-ups(mwff) from 3 months 300 squats and 170 push-ups but I still had man boobs what to do??

Reply

**John**

🕒 22 February 2017 at 05:19

When I masturbate my leg muscles naturally becomes flex is it normal and happens with everyone?? will it affect my leg muscles and it's gains please help

Reply



caldin anya

🕒 24 February 2017 at 15:33

HELLO everybody am from New Zealand I wanna thank the great DR ABOR for curing me from herpes virus and hiv with the help of his herbal medicine am very happy, I never thought I would ever be cured because of the condition the doctor give to me, until a friend of mine direct me to this man called DR ABOR who healed me totally from herpes virus and hiv, he is a good man and he also cast spell, you can reach him with IRABORSPELLHERBALHOME@GMAIL.COM and he also cure HEPATITIS A B C and ANY TYPE OF CANCER, LUPUS, HPV, LOOKING FOR BABY, ERECTION EJACULATION and HIV AIDS he also cast spell to get your EX BACK you can reach him on via IRABORSPELLHERBALHOME@GMAIL.COM

Reply



Akindele. Tovela

🕒 25 February 2017 at 04:06

Hi there,I have had herpes for a little over 2 years now, I am almost 36 years old, female, and totally embarrassed when I have an outbreak. I refuse to go to classes and will make up an excuse not to go to work so people cant see what my face looks like. For treatment I

use Oregano and Meleleuca essential oil in my water for internal use or dab a small amount with coconut oil on the affected area. I also rub oregano with coconut oil on the back of neck since the nerves that run into my face stem from my spinal cord. But in all this my herpes was not cure abut some days ago i was on Facebook then i see a post of someone who say abut the herbal medicine that he use to cure her herpes and this girl name is Cassie Burgess Pepitone. So i need the herbal medicine so i need to ask her abut the herbal cure and he told me the a man called DR.SANDY did the medicine for her wich she use to cure her herpes so i ask for the email and she gave me the email i email DR.SANDY and tell him everything about my problem of getting this herpes from someone 2 years and ask if he can cure my body and my face well DR.SANDY told me that he will do a herbal medicine for me and send it with UPS OFFICE and once i get the medicine i will use it for 14 days i Sid okay and gave him what he ask form. in 5 days i get my herbal medicine and use it as he told me. well after all the procedures and remedy given to me by this man few weeks later i started experiencing changes all over me as the Dr assured me that i have cured,after some time i went to my doctor to confirmed if i have be finally healed behold it was TRUE, so friend if you have this illness i will ask you to email DR.SAND and tell him abut your peoblme okay. Email. dr.sandyspelltemple@gmail.com dr.sandyspelltemple@hotmail.com dr.sandyspelltemple@yahoo.com OR call Whats App Number +2349031726182 or facebook posg  
<https://www.facebook.com/Drsandy-SPELL-HOME-2-226270587825982/>

i do hope this helps someone suffering...I started practicing yoga one year ago and I can say that breathing exercises have helped wonders. Don't sweat the small stuff.  
THANKS DR.SAND FOR WHAT YOU DID FOR ME.  
Be strong!!!!!!!!!!!!

Reply



**Juan Juergens**

🕒 28 February 2017 at 02:56

Awesome blog. I enjoyed reading your articles. This is truly a great read for me. I have bookmarked it and I am looking forward to reading new articles. Keep up the good work!  
<http://ezhi.shop/>

Reply



**ritik**

🕒 28 February 2017 at 19:41

Does too much flexing of muscles good or bad??  
Is it gonna affect my muscles and it's gains??? Pls help!!

Reply



**shariq khatri**

🕒 28 February 2017 at 23:31

Perhaps the more telling questions to ask are "Should bodybuilding be an Olympic sport?", and "Would making bodybuilding an Olympic sport help the Olympics?"  
[dietpillssecret.com/](http://dietpillssecret.com/)

Reply

**Best supplements for muscle gain**

🕒 2 March 2017 at 02:50

Great article :) Thanks for it!

Reply



**seo boss**

🕒 2 March 2017 at 07:38

Patients are discovering it offers an extraordinary approach at reestablishing ideal wellbeing.**trigeminal neuralgia**

Reply



**ruth robinson**

🕒 2 March 2017 at 13:48

Hello everyone I'm here to share a testimony on how my HIV was cure by a herbal doctor with the help of herbal medicine and herbal soap, As we all know medically, there is no solution or cure for HIV and the cost for Medication is very expensive. Someone introduced me to a man (Native Medical Practitioner) I showed the man all my Tests and Results and I told him i have already diagnosed with HIV and have spent thousands of dollars on medication. I said I will like to try him cause someone introduced me to him. He asked me sorts of questions and I answered him correctly. To cut the story short, He gave me some medicinal soaps and some herbs (have forgot the name he called them) and he thought me how am going to use them all. At first I was skeptical but I just gave it a try. I was on his Medication for 2 weeks and I used all the soaps and herbs according to his prescription. That he will finish the rest himself. And I called him 3 days after, I arrived and I told him what is the next thing he said, he has been expecting my call. He told me to visit my doctor for another test. Honestly peaking, i never believe all he was saying until after the test when my doctor mention the statement that am, HIV negative and

the doctor started asking me how come about the cure, And I make a promise to dr osas that if I'm heal I will testify his good work in my life, if there is anyone out there who may need the help of dr osas you can email him via his email address drosasherbalhome@gmail.com For any type of sickness he can cure any disease WhatSAPP OR CALL him via his number +2349035428122 he also has herbal oil for Penis Enlargement, contact Website: <http://drosasherbalhome.webs.com>

Reply



ruth robinson

🕒 2 March 2017 at 13:49

Hello everyone I'm here to share a testimony on how my HIV was cure by a herbal doctor with the help of herbal medicine and herbal soap, As we all know medically, there is no solution or cure for HIV and the cost for Medication is very expensive. Someone introduced me to a man (Native Medical Practitioner) I showed the man all my Tests and Results and I told him i have already diagnosed with HIV and have spent thousands of dollars on medication. I said I will like to try him cause someone introduced me to him. He asked me sorts of questions and I answered him correctly. To cut the story short, He gave me some medicinal soaps and some herbs (have forgot the name he called them) and he thought me how am going to use them all. At first I was skeptical but I just gave it a try. I was on his Medication for 2 weeks and I used all the soaps and herbs according to his prescription. That he will finish the rest himself. And I called him 3 days after, I arrived and I told him what is the next thing he said, he has been expecting my call. He told me to visit my doctor for another test. Honestly peaking, i never believe all he was saying until after the test when my doctor mention the statement that am, HIV negative and the doctor started asking me how come about the cure, And I make a promise to dr osas that if I'm heal I will testify his good work in my life, if there is anyone out there who may need the help of dr osas you can email him via his email address drosasherbalhome@gmail.com For any type of sickness he can cure any disease WhatSAPP OR CALL him via his number +2349035428122 he also has herbal oil for Penis Enlargement, contact Website: <http://drosasherbalhome.webs.com>

Reply



john smith

🕒 3 March 2017 at 14:00

You might not have wanted to upset the host, or didn't want to feel left out, so you ate something that wasn't on plan **improve blood flow**

Reply



James harper

🕒 5 March 2017 at 05:53

There are many conditions that chiropractic care can help with and some of these are: headaches and migraines, sciatica, bulging discs, stress, muscle tension, lower back pain etc. [WichitaKansasChiropractor.com](http://WichitaKansasChiropractor.com)

Reply



tom jee

🕒 15 March 2017 at 14:58

The chiropractors are also experts in having the human skeleton perfectly memorized in their minds.

**Chiropractor**

Reply



Smith Sonian

🕒 16 March 2017 at 07:03

Hello everyone am here to share the story of my life about {Masturbation and Penis problem} I have been suffering over masturbation problem for the past 3 years now, i feel pain in my right testicle, i dont have erection and i dont even think on sex. i also feel like i have no energy. also my right testicle is smaller than the left. I was depressed and hopeless and i think i will never have a girlfriend and sex, it was all my fault! i have used so many remedies which doctors prescribe for me, but none could offer me the help i searched for, not until this faithful day, I saw a testimony on how Dr Ken, helped people in curing masturbation, quickly I copied his Email ID (drkensolutiontemple@gmail.com) Dr Ken, herbal medicine is a good remedy for masturbation, I contacted him and he guided me. I asked him for solutions and he started the remedies for my health he gave me some comforting words with his herbal medicine for curing masturbation within 3weeks of it, i feel my normal body again Thank God now everything is fine, I'm cured by Dr Ken, Herbal medicine, I'm very Thankful to Dr Ken, for curing my masturbation..., if you are having a similar problem, kindly contact him today and get your problem solved. Dr Ken, Email address, (drkensolutiontemple@gmail.com) visit his website <http://drkensolutiontempl.wixsite.com/solutiontemple> call +2348102574680

Reply



John Leslie

🕒 2 April 2017 at 23:17

I continuously continue coming to your website once more simply in case you have posted new contents.

**gym tanks**

Reply

## Anonymous

🕒 4 April 2017 at 03:44

if i masturbate twice a week. will it have a negative affect on my bodybuilding?

Reply



## Rifat Ansari

🕒 16 May 2017 at 08:50

Arguably, bodybuilding fits within this definition, and one would think this should be enough for the IOC. However, the primary problem the IOC has with allowing bodybuilding into the Olympics concerns drug abuse.<https://smartmedigapplans.com/>

Reply

## Shawn

🕒 12 June 2017 at 09:34

Sir, I want to know if I masturbate will my entire testosterone would be used only in reproductive system for 24 - 48 hours and not formuscle building

Reply

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Comment as:

Select profile... ▼

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