



## Effect of Masturbation on Bodybuilding

on February 03, 2013



A very common question that I witness is - " Does Masturbation has a negative effect on gaining muscles". I have gone through the suggestions and opinions of many nutritional writers, fitness experts, physiologists and even sexologists on this issue. But you won't believe, there is a huge difference in their thinking and conceptions regarding this issue.

From a very broad perspective and after a huge research on my part, I am telling you in just one statement, "YES", masturbation does have a negative effect on muscle growth. Don't get me wrong guys, I am not asking you to believe me blindly , but many have experienced this fact and you too can. Just stop masturbating for 3 weeks and continue your workouts. You will experience high energy levels, less lethargy and more motivation. Many renowned personalities say that there is no connection between sexual energy and physical energy but let me tell you without a trace of hesitation, it is not so. Sperm formation is a complex process, wasting too much of sperm will definitely hamper your progress towards muscle gain. You need to channelize your whole mechanism to remain anabolic as far as possible, but you will not be able to do so if you masturbate often. Scientists say that sperm production is a natural phenomenon and sperm gets released during urination also. It's true but more sperm loss leads to more involvement of precious nutrients in sperm formation and catabolic activities. These nutrients were required by your body to grow, but you delayed it or even cancelled it. It takes about 70-80 days for one cycle of sperm formation. Sperm is the essence of your body in true terms (if you can understand).

I would just conclude by saying: avoid ejaculating as far as possible. I can't set a line where to stop so I would say, try delaying it as far as you can. There's a lot to do besides jerking off.





**harry faisal** September 21, 2013 at 11:02 AM

yes i believe

[REPLY](#)



**Anonymous** September 26, 2013 at 11:22 PM

Yes it's true

[REPLY](#)



**Anonymous** November 26, 2013 at 3:42 PM

Hmmm

[REPLY](#)



**Anonymous** December 19, 2013 at 7:07 PM

Finally now I know that its true.Thanks alot and good research.Keep it up and its true I always feel energy in me when I am sober from masturbation now I know why.

[REPLY](#)



**Sam joseph** December 20, 2013 at 11:02 PM

Glad that someone is not biased by his own tendencies and can see things clearly. I know there are many such individuals, but I am interested in those who need a small push to join that league. Thanks for commenting.

[REPLY](#)



**Anonymous** January 13, 2014 at 1:12 AM

Excellent goods from you, man. I've understand your stuff previous to and you're just too excellent. I actually like what you've acquired here, certainly like what you are saying and the way in which you say it. You make it entertaining and you still care for to keep it sensible. I can not wait to read far more from you. This is really a great site.

My homepage; how to stop masturbating ()



**Sam joseph** January 14, 2014 at 7:09 AM

Thanks a lot

[REPLY](#)



**Anonymous** January 17, 2014 at 7:49 AM

This design is incredible! You most certainly know how to keep a reader entertained.

Between your wit and your videos, I was almost moved to start my own blog (well, almost...HaHa!) Wonderful job. I really loved what you had to say, and more than that, how you presented it. Too cool!

Here is my weblog :: [chwilówki](#)



**Sam Joseph** January 27, 2014 at 7:27 PM

Thanks for the support. Your comments encourage me to take some big steps towards this direction

**REPLY**



**Anonymous** January 19, 2014 at 3:43 AM

Thank you for your post. This is really helpful.. i been jerking off like everyday but now from today onwards i will not.. only muscle building



**Sam Joseph** January 27, 2014 at 7:04 PM

I praise your Braveness and courage. Strong resolution to something is the first and the most important step to make it happen. It's easy to fight with others but it's very difficult to fight your own tendencies and habits.

**REPLY**



**Anonymous** January 23, 2014 at 3:13 AM

Fine way of describing, and fastidious piece of writing to obtain data concerning my presentation topic, which i am going to deliver in school.

Also visit my web site; [pillar apps](#)

**REPLY**



**Anonymous** January 24, 2014 at 2:40 PM

Howdy fantastic blog! Does running a blog like this take a great deal of work? I've absolutely no knowledge of coding but I was hoping to start my own blog soon. Anyway, if you have any ideas or tips for new blog owners please share. I know this is off topic nevertheless I just wanted to ask. Cheers!

my website: [wakacje Thassos](#)



**Sam Joseph** January 27, 2014 at 7:23 PM

Most of my time is spent of writing the content. All the other features like design or theme are provided by blogger. I just need to select and customize them. You will be able to get the hack of it when you start spending your time in setting up your own blog.

**REPLY**



**Anonymous** January 25, 2014 at 7:20 PM

Howdy, i read your blog occasionally and i own a similar one and i was just curious if you get a lot of spam responses? If so how do you prevent it, any plugin or anything you can recommend? I get so much lately it's driving me insane so any support is very much appreciated.

Here is my site :: [type 2 Diabetes Treatment](#)



**Sam Joseph** January 27, 2014 at 7:14 PM

yes I do get few spam responses, you can turn on auto spam. But some of the real ones will also be spammed. You can also set the type of users who can comment. For instance, you can turn off anonymous commenting. All

these features are provided by google's blogger, under settings option.

#### REPLY



**Anonymous** January 26, 2014 at 2:00 PM

Oh my goodness! Awesome article dude! Thanks, However I am experiencing troubles with your RSS. I don't know why I can't subscribe to it. Is there anyone else having the same RSS problems? Anyone that knows the solution can you kindly respond? Thanks!!

my website :: [microsoft office 2010 product key](#)

#### REPLY



**Anonymous** January 27, 2014 at 4:08 AM

obviously like your web site however you need to test the spelling on several of your posts. Several of them are rife with spelling issues and I find it very bothersome to inform the reality on the other hand I will certainly come back again.

Feel free to visit my page - [adobe photoshop cs6 extended serial number](#)



**Sam joseph** January 27, 2014 at 7:18 PM

I always write the posts with spell checker set as active. So, i don't think there are any chances of spelling mistakes. But if you think there are some, please mention one. Thanks for commenting

#### REPLY



**Anonymous** January 27, 2014 at 9:41 PM

Greetings! This is my first comment here so I just wanted to give a quick shout out and say I genuinely enjoy reading through your articles. Can you suggest any other blogs/websites/forums that go over the same subjects? Thank you!

Feel free to surf to my web blog: [type 2 diabetes treatment](#)

#### REPLY



**Anonymous** January 28, 2014 at 3:10 PM

For most recent news you have to visit the web and on the web I found this site as a best web page for most recent updates.

My web page - [Type 2 Diabetes Treatment](#)

#### REPLY



**Anonymous** January 29, 2014 at 8:08 AM

Masturbation reduces your testosterone levels so you cant build muscle"

"Masturbation depletes you protein reserves so you cant build muscle"

#### REPLY

**Anonymous** January 29, 2014 at 9:38 AM



What's up to every one, it's really a good for me to pay a visit this web page, it contains helpful Information.

my page - car insurance quotes online ( )

**REPLY**



**Anonymous** January 29, 2014 at 2:45 PM

Wow that was odd. I just wrote an incredibly long comment but after I clicked submit my comment didn't appear. Grrrr... well I'm not writing all that over again. Anyways, just wanted to say great blog!

Also visit my page :: [schufa](#)



**malcolm bridget** February 1, 2018 at 1:02 PM

**StamiMax** The tour starts off with you parking at Union Street and Octavia Avenue. Start your day by checking out Bay Area BootCamp at Union Street Suite . They feature a four week intensive exercise nutrition and exercise routine for women only. Its a great in order to loose that extra pounds before your wedding experience. <http://jackedmuscleextremeAdvice.com/stamimax/>

**REPLY**



**Anonymous** January 30, 2014 at 9:52 PM

That is a really good tip especially to those new to the blogosphere. Brief but very precise info... Thanks for sharing this one. A must read article!

my website [dragon city hack](#)

**REPLY**



**Anonymous** February 1, 2014 at 10:55 AM

Hello all, here every one is sharing these kinds of know-how, therefore it's fastidious to read this weblog, and I used to pay a quick visit this weblog everyday.

Feel free to surf to my page ... [Type 2 diabetes Treatment](#)

**REPLY**



**Anonymous** February 1, 2014 at 3:53 PM

Thank you for sharing your info. I really appreciate your efforts and I am waiting for your next post thanks once again.

Here is my weblog ... [Type 2 diabetes treatment](#)

**REPLY**



**Anonymous** February 1, 2014 at 10:16 PM

A person essentially assist to make severely posts I would state. This is the first time I frequented your website page and to this point? I amazed with the research you made to make this particular post extraordinary.

Fantastic task!

Also visit my blog post ... [cheapest car insurance](#)

**REPLY**

**Anonymous** February 2, 2014 at 2:12 PM



**Anonymous** February 2, 2014 at 2:12 PM

Good post. I definitely love this site. Stick with it!

Here is my blog post - [microsoft office 2010 product key](#)

**REPLY**



**Anonymous** February 2, 2014 at 9:24 PM

What's up everyone, it's my first pay a quick visit at this web site, and post is truly fruitful in favor of me, keep up posting these content.

My web blog ... [type 2 Diabetes treatment](#)

**REPLY**



**Anonymous** February 3, 2014 at 11:04 PM

You actually make it seem so easy with your presentation but I find this matter to be really something which I think I would never understand.

It seems too complicated and very broad for me. I'm looking forward for your next post, I will try to get the hang of it!

Here is my homepage:

<https://play.google.com/store/apps/details?id=com.rubicontwentyone.quotesaboutlove>

**REPLY**



**Anonymous** February 4, 2014 at 12:03 AM

These are really great ideas in concerning blogging.

You have touched some fastidious points here. Any way keep up writing.

My blog :: <https://play.google.com/store/apps/details?id=com.rubicontwentyone.quotesaboutlove>

**REPLY**



**Anonymous** February 4, 2014 at 12:05 AM

Hello it's me, I am also visiting this web page on a regular basis, this web site is genuinely fastidious and the people are actually sharing nice thoughts.

Here is my page [Quotes About Love](#)

**REPLY**



**Anonymous** February 4, 2014 at 8:36 AM

Unquestionably consider that which you said. Your favorite reason seemed to be on the web the easiest thing to keep in mind of. I say to you, I definitely get irked whilst people think about issues that they just don't understand about. You controlled to hit the nail upon the highest and defined out the whole thing with no need side-effects , other folks can take a signal.

Will probably be back to get more. Thank you

Check out my webpage - [freepornmovies](#)

**REPLY**



**Anonymous** February 5, 2014 at 7:31 PM

You ought too take part in a contest for one of the finest sites on the internet. I most certainly will recommend this blog!

My weblog; health []



**Sam joseph** February 7, 2014 at 12:21 AM

Thanks a lot for all these wonderful comments

**REPLY**



**Anonymous** February 6, 2014 at 12:45 AM

Hi there, I wish for to subscribe for this web site to get most up-to-date updates, therefore where can i do it please help out.

Also visit my web page [arcane legends easy hack](#)



**Sam joseph** February 7, 2014 at 12:25 AM

I am planning to launch a new website, but the level I am expecting that ambitious project of mine to reach is so high that even I am not aware how much time it will take and I am falling short of developers. I alone, am working on it.

**REPLY**



**Anonymous** February 8, 2014 at 6:52 AM

I couldn't resist commenting. Perfectly written!

Also visit my weeb blog; chips ()

**REPLY**



**Anonymous** February 8, 2014 at 11:50 PM

It's really a cool and useful piece of information. I'm happy that you shared this helpful info with us.

Please keep us informed like this. Thanks for sharing.

Feel free to visit my site: [Pit informacije](#)

**REPLY**



**Anonymous** February 10, 2014 at 11:40 AM

Saved as a favorite, I like your blog!

Feel free to visit my web site; [hotele Egipt](#)

**REPLY**



**max rogirs** April 21, 2014 at 11:42 AM

Great article, thanks for sharing information muscle building optimization.read more:-- <http://goo.gl/XaW494>

**REPLY**



**ibrahim sakar** June 8, 2014 at 6:11 PM

I'm a Turkish, and I used to search an answer for this question many times in many forums and websites , but couldn't find anything at all. But thank goodness, I've found you. I knew it actually, so masturbation does affect muscle growing, but I

wonder that, whether takes my testosterone or decreases it? When I don't masturbation for 4-5 days I feel really energetic and strong and when I do , my muscles feel bad and tired. And I also wonder that what if I do this thing without ejaculating? So I mean, If I watch p\*rns without cuming what happens? Does it increase my testosterone without taking nutrition from my body?

REPLY



**Akash Das** April 24, 2015 at 8:52 PM

great.. this is true guys and I was suffering from this.. It really effect on muscle growing.



**Sam joseph** July 3, 2015 at 9:46 AM

I really appreciate the courage of accepting that one has a weakness and cannot refrain. Above that, I bow to the fact that intelligent and sensible people like you can accept great things (like avoiding masturbation) even when they themselves are a bait of it. Changing opinion will surely lead to change in habits.

REPLY



**Akash Das** April 24, 2015 at 8:55 PM

but i do it once in 15 days..



**Sam joseph** July 3, 2015 at 9:39 AM

Try reddit's NOFAP. It'll help and make sure to read the research part on it.

REPLY



**king** May 12, 2015 at 9:47 AM

thank u so much

REPLY



**king** May 12, 2015 at 9:48 AM

thank u so much

REPLY



**Devendra Pisda** June 20, 2015 at 10:51 AM

Just wooooooww ....u r great bro... I salute u

REPLY



**Ankit Khare** October 11, 2015 at 12:12 AM

Thanks a lot to all of you for commenting.

REPLY



**historypak** January 14, 2016 at 5:57 PM

Great info! I recently came across your blog and have been reading along. I thought I would leave my first comment. I don't know what to say except that I have. [Oxandrolone - http://www.musclevikings.com](http://www.musclevikings.com)

REPLY



**Unknown** January 28, 2016 at 7:54 PM

thanq sir

REPLY





**james** February 27, 2016 at 7:13 PM

Super-Duper site! I am Loving it!! Will come back again, Im taking your feed also, Thanks. [Skinny Yoked](#)

[REPLY](#)



**Wasim Khan** April 16, 2016 at 5:56 PM

Good

[REPLY](#)



**Roman lesnar** May 16, 2016 at 10:25 AM

I felt very happy while reading this site. This was really very informative site for me. I really liked it. This was really a cordial post. Thanks a lot!. [find steroids for sale](#)



**Ankit Khare** October 19, 2016 at 3:32 AM

Thanks a lot!

[REPLY](#)



**wa ar** May 22, 2016 at 6:05 PM

Much appreciated such a great amount for sharing this amazing information! I am anticipating see more postsby you! [phen375 gnc](#)

[REPLY](#)



**Unknown** July 28, 2016 at 11:14 AM

Thanks for the complement.

[REPLY](#)



**Swapneil Basutkar** August 10, 2016 at 2:03 PM

thanks man!! This is so helping and true.. i tried to control for jus 13 days maybe and im felt a lot confident and my muscles grew. Then i masturbated and came back to same level. wont repeat this mistake again.

[REPLY](#)



**Olivia Princess** October 11, 2016 at 2:00 AM

Thanks for writing such a good article, I stumbled onto your blog and read a few post. I like your style of writing...

[Body Building Nutrition](#)



**Ankit Khare** October 19, 2016 at 3:31 AM

Thanks for commenting!

[REPLY](#)



**Healthy Diet Tips** November 2, 2016 at 5:03 PM

Pls stop masturbating and read this review: <http://www.raspberrylultradrops.com/phenq-review/>

[REPLY](#)



**Margareth Wilson** December 2, 2016 at 2:49 PM

[cleanse your colon and digestive system](#)

[REPLY](#)



**Flip Jork** February 5, 2017 at 12:55 AM

It is commonly known as Nitric Oxide or NO. It has some killer crazy side effects, [skinny2fit](#)

REPLY



**Juan Juergens** February 28, 2017 at 4:40 PM

Nice post! This is a very nice blog that I will definitely come back to more times this year! Thanks for informative post.  
[peptides for muscle growth for sale](#)

REPLY



**poonam ahuja** August 23, 2017 at 8:28 PM

<https://youtu.be/CCwKIYQCJ6k>  
Watch this video to understand about masturbation

REPLY



**mckenzie fred** January 20, 2018 at 11:12 AM

**Muscle Nit XT** and fullfilling. Exclude sugar from helps make your diet totally. Plus avoid all foods consists of sugar like candy pies pastries chocolate etc. Refrain from alcohol terrible gas mileage . has sugar in the device. Decades ago do we need to offer First things basic. Get rid of the irrelevant exercises. Yes I know you truly want to do an exercise for the pecs some thing for arms and one for abs and one for this and that.

<http://jackedmuscleextremeadvice.com/muscle-nit-xt/>

REPLY



**Norma Cyr** January 22, 2018 at 11:51 AM

**Edge Nutra Testo XY** Position it next to ones bedside when you sleep at night; don it or placed on your desk during day time.Often they'll anticipate the reaction of the film crew along with a quick excuse because I'm only training light today normally I go much heavier. <http://t-rexmuscleadvice.com/edge-nutra-testo-xy/>

REPLY



**Claris Kray** January 23, 2018 at 11:22 AM

**TryVexin Male Enhancement** They can test all your shoes that way and could thank me when they see you coming his or her office with huge bags of shoes sandals ladies high heel sandals. There are a few rules that you can consider using when increasing your process. <http://jackedmuscleextremeadvice.com/tryvexin-male-enhancement/>

REPLY



**Mega Jese** January 24, 2018 at 11:31 AM

**ERX Pro** To build muscle mass is to take insane amounts of supplements and steroid drugs. But there are natural and budget friendly ways of building muscle. A number of with doing things naturally is that the side effects body can be minimized.

<https://www.healthsupreviews.com/erx-pro-male-enhancement/>

REPLY



**SONIA YATES** January 27, 2018 at 11:23 AM

**MRx Male Enhancement** One of the best body building supplements can actually find accessible in the kind of whey. Whey is the source of very high quality protein available. Whey digests very quickly and reduces stress. Quicker it absorbs into the bloodstream earlier the body can make use of the energy this. When muscles are along with this energy they can perform longer and harder. <http://jackedmuscleextremeadvice.com/mrx-male->

[enhancement/](#)

REPLY



**MELINDA RAMSEY** January 29, 2018 at 12:05 PM

**Alpha Testo Maxxx** This hormone facilitates within the improvement of muscle boom and improvement of male intercourse organs. This hormone is also responsible for the deepening of voice and development of facial hair in the course of the teenager years. Low tiers of this hormone can result in fitness troubles including bone loss ual disorder or even mood swings. <http://t-rexmuscleadvice.com/alpha-testo-maxxx/>

REPLY



**ZMass Testo Boost** January 30, 2018 at 8:04 PM

**Test Troxin** Im going to know if the safe each es or whether it has been designed with one specific into account. Another thing that issue bodybuilding exercises for skinny people should have will do of is very large compound expressions. This is due to hormones as skinny people may not have as much Natural Testosterone Booster or growth hormone in their system. <http://t-rexmuscleadvice.com/test-troxin/>

REPLY



**clem annabell** January 31, 2018 at 11:08 AM

**T5RX** As such you are able burn off more calories on a daily basis. When you burn more calories you will also be burning body fat that forces you to look fat. If market or topic . to power to build as much muscle simply because are capable of then need to have to to improve the overall testosterone levels in the system. There are natural ways that youll accomplish doing this. Here are four in order to naturally to increase your testosterone levels. <http://www.strongtestosterone.com/t5rx/>

REPLY



**elliott roy** February 1, 2018 at 3:14 PM

**StamiMax** For true scientifically proven effectiveness for creating I can easily recommend Creatine monohydrate. I find out when I focus on results, it is easy so that i can lose my way. Having a focus on behavior, practice and habit, it is a lot easier to remain. So how do you set results goals for weight-loss or Muscle Building? The keys time. <http://jackedmuscleextremeadvice.com/stamimax/>

REPLY



**henrick** February 1, 2018 at 7:21 PM

Aphrodisiacs as present in **Progentra** Pills are so much helpful in boosting the blood flow, helping to increase the flow of pheromones, thus increasing the libido finally, try it to know the amazing upshot.

REPLY



**andrea jean** February 2, 2018 at 10:40 AM

**Magnumax** One way to begin with body nutrition is of food only small meals and eat them more regular. Make sure that each of the meals include carbohydrates fat and peptids. Also remember to consume them in proper ratios. fat carbohydrates and protein. <http://jackedmuscleextremeadvice.com/magnumax/>

REPLY



**Talitha Cut** February 2, 2018 at 3:14 PM

**Magnumax** It is now possible to spike your testosterone and HGH hormones to phenomenal levels providing unbelievable muscle growth. Just how much can that be conducted I will tell you currently. its quite difficult. Once an individual has a few situations that you are confident about start making small bets and keep developing your skill look at this muscle booting supplement. <http://jackedmuscleextremeadvice.com/magnumax/>



**Shinna Shinna** February 3, 2018 at 1:04 PM

**Chantel st claire** they're obtained from herbal assets and also comprise lines of minerals and nutrients that are exact for our pores and skin. they're endorsed to be applied topically and therefore many producers of pores and skin care creams make use of these ingredients. The best natural pores and skin care cream is the only which comes with a entire gadget of products. <http://t-rexmuscleadvice.com/chantel-st-claire/>

**REPLY**



**Deon Nero** February 6, 2018 at 2:59 PM

**Lutrevia Youth Cream** This may be the amount of portions of normal water you must per day to avoid premature aging. I want to get straight to the point folks. This, as the title indicates, is an anti aging skin care guide. There are two reasons why this guide can be immensely helpful in which you. <http://lisocleanseabout.com/lutrevia-youth-cream/>

**REPLY**



**Goma Doma** February 10, 2018 at 12:28 PM

Sometimes, discussions are withheld by people with their partner as there's nothing to talk about and tend to fall into a consumer pattern to keep them busy just to lower their partner's significance in terms of priorities. **Istikhara For Marriage** And The astrological legitimacy proves that relationship pattern isn't an ultimate providence which can be changed when one is familiar with getting back the adorable in a rapport, which is not so complicated that it is not a difficult task but it entails ability belief as a human being towards happiness creation, believing accurately about everything lively attractive. Some suggestions are available from expert astrologers to bring back the deserving fascination in the affiliation. **Black Magic Removal** And For consideration, an important attitude is appreciation, but one must wholeheartedly remember that getting inspired with the love partner accounts for admiral of multiple things within him, despondently as the days pass by it is time and again forgotten what is so special in the life partner, and thus, focus is laid on their deficiencies. Athwart the globe, extraordinarily few people lead happier life. Against the people, this is a lower ratio struggling usually for a happier life building.

<http://freewazaif.com/>

**REPLY**



**Alina Aslam** February 19, 2018 at 2:49 PM

Eshaisha visitors to Malaga increased quite, to have a at ease week give up.it's far often known as the Venice of the North or the Paris of the East. The metropolis centre is about on the south bank of the Neva river. current St Petersburg has no scarcity of restaurants, and lots of variety. other than conventional Russian restaurants, chinese language and eastern cuisine is famous, with sushi a latest craze.<https://rcg.com.pk/>

REPLY



**Bella jon** February 22, 2018 at 3:56 PM

Mohagni They're around us all the time inside the air and on the things we touch which include the keyboard that i am typing this text on. therefore, we should preserve a terrific cleaning dependancy for you to get the pollutant faraway from our skin for you to get returned the clean pores and skin once more. <https://rcg.com.pk/>

REPLY



**Gabby jon** March 1, 2018 at 1:10 PM

RCG She wishes to peer YOUR a laugh side. severe can be ok whilst you are on the activity, but when you are out RCG with a girl, you need that allows you to shed that serious facet. You need to permit her in in your fun aspect and let her see that after she is with you, instances are going to be appropriate. that is what's going to make her want to stay with you and get to realize you higher. <https://rcg.com.pk/>

REPLY



**Gabby jon** March 10, 2018 at 4:40 PM

Sana-safinaz You do not must do too much cardio at a time. five to 10 mins cardio will assist you to growth the blood float within the body. After completing cardio, cross for weight lifting heat up. you may seek advice from your teacher or every person who is aware of medical workouts to recognize greater approximately the burden lifting warm up packages. <https://rcg.com.pk/>

REPLY



Enter your comment...

## Popular Posts

### How many repetitions should I perform ?

*In my earlier post I gave a brief introduction to the key elements that needs to be kept in mind during exercising. In addition to this I also classified food items into three categories and promised to post a detailed version of these two major components of bodybuilding.*

*In this post I am going to elaborate those points further. There are basically three rep ranges:*

*6-8 8-10 10-12*

*Depending upon the type of exercise, you must choose to work in any of these three rep ranges. Large muscle groups like the quadriceps, lats, middle back, and chest must be trained at 6-8 or 8-10 rep ranges.*

*Whereas for small muscle groups like calves,*

### Effects of Masturbation part 2

*I received huge appreciation for my previous posts in the form of comments and emails. I would like to thank all the visitors and also want to say sorry for not being available for so long. I hope you understand the pressure of engineering specially when it's your final year.*

*The issue of this post is: How to avoid masturbation?, first of all I would like to say that I am not a psychologist or a sexologist who has had huge experiences with tons of people. But I would like to write my views regarding the topic as I will be glad if it proves to be helpful for someone (even to a single person). Bodybuilding is not an easy process, specially if you are not blessed with great genetics. You cannot afford to take chances. When your effort for every moment counts, and you cannot spare a single day for your muscle building, you need to be cautious. Okay, now be aware and try to analyse every statement you are going to read and*

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**EN SAVOIR PLUS OK !**