



Steroids Vs Natural Bodybuilding

Posted by Gaurav Rishi on Wednesday, July 26, 2017 in [EXCULSIVE](#) | Comments : 0



Steroids, when this word comes in mind, most of us feel fear of side effects that occurs due to the use of steroids. No body think about the positives of steroids, and only focuses on the negative side. But believe me or not, when you see a guy who is bigger, stronger and leaner then you, one praises and wishes to be like him.

You must have noticed the guys starting out in the gym way smaller than us, we are stronger, bigger, leaner and better then them. But all of the sudden in a little time of 1 to 3 months these guys make fast gains you could only dream of. About 6 months or a year these guys are similar or even bigger in size and strength levels as you, even though you have decent physique and trained for more than 3 years consistently. At that time you might think, that how the hell, they are gaining muscle mass. So. answer to this how is STEROIDS, which help them to gain muscle mass with chiseled abs.

In this blog I am going to discuss about the difference in muscle gains naturally vs steroids. Before that I must tell you that natural bodybuilders will make some pretty fast gains with first two three years of hard and consistent training. If they are following a solid meal plan, lifting right and are consistent. After that the muscle gains become slower. It becomes harder and harder to improve. Now here they feel demotivated and run towards steroids, in the hope of getting bigger and stronger. No doubt in that steroids helps in increasing your muscle mass and they shred fat fast, that's why they are known as performance enhancers.



One more side is that the misleading claims, by trainers and gym coaches about steroids. Most of the time they mislead the seekers, who are in the hope of getting in good shape like fitness models and bodybuilders, because they also don't have complete knowledge about the steroids and combinations. I will advice that one should follow trainers or coaches, who have any experience and have made bodybuilders and fitness models. Otherwise everything is fake in this fitness industry.

Steroids vs Natural - Believe me it's not even close : As most of us can guess, that the average person using steroids will generally get much better results in terms of building muscle and improving in performance than someone who is natural and not using anything. But what might surprise you is the actual amount of difference. There was one specific study that shows the difference very clearly.

STUDY

In this 10 week study, they took a group of 43 men of normal body weight between the ages of 19 and 40 who all had some level of weight training experience. These all then divided into 4 different groups.

First Group - Did not to any kind of workout and did not receive any form of steroids or drugs.

Second Group - Did not do any kind of workout, but they get weekly shots of 600 mg of testosterone.

Third Group - Did exercise, but they did not receive any form of steroids or drugs.

Fourth Group - Did workout and they also get weekly shots of 600 mg of testosterone.

All of their calorie intake, protein intake, nutrient intake etc were standardized according to each person's body weight. The two groups who were working out group 3 and 4 followed the same supervised workouts each week.

Any guesses what happened?

First Group - No workout and natural experienced no significant changes. No surprise there.

Second Group - No workout but steroid use was able to build about 7 pounds of muscle. The group was getting shots and not working out at all and gained 7 pounds of muscle.

Third Group - Workout and natural was able to build about 4 pounds of muscle.

Fourth Group - Workout and steroid use was able to build about 13 pounds of muscle.

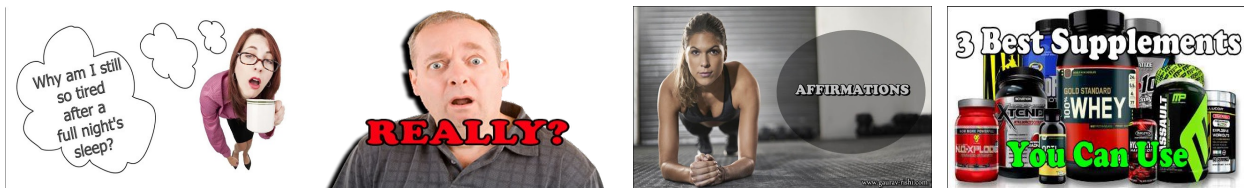
So, this study shows that the use of steroids vs natural muscle building is far ahead. You can notice increase in muscle that is 13 pounds as compared to the group who was naturally working out. Even there was 7 pounds of muscle increase without working out and by taking only steroids. Guys I am not telling you that one should use steroids. but If you are thinking to enter in this fitness industry as a pro then you have to think about it and may be you have to use it as well.

Thanks
Happy Reading :)

S h a r e t h i s :



SIMILAR ARTICLES



Why are you still tired after 7 to 8 hours of sleep? Healthy Tips - Don't you know ? Fitness & Health Affirmations 3 Best Supplements you can use!

Post a Comment

Enter your comment...



Comment as:

Select profile... ▼

Publish

Preview

Links to this post

Create a Link

[NEWER POST](#)

[HOME](#)

[OLDER POST](#)

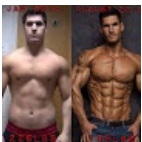
V I D E O O F D A Y

F E A T U R E D P O S T

Create a set of affirmations for your body to achieve your fitness & health goals. Affirmations are basically positive sentences you...



P O P U L A R P O S T S



DIFFERENCE BETWEEN STEROIDS AND SUPPLEMENTS

In today's restlessly eager world, people want everything fast and quick, even when it comes to fitness, bodybuilding, losing or gai...



HOW TO DIFFERENTIATE FAKE AND PURE - HONEY!

Are you aware of the fact that there is Real Honey and Fake Honey? Without any knowledge of - how to check the purity of the honey, it i...



FITNESS AND WEIGHT TRAINING

Now a days, training with weights has become the number one athletic activity, More and more people are using weight training who are n...

STEROIDS VS NATURAL BODYBUILDING

Steroids, when this word comes in mind, most of us feel fear of side effects that occurs due to the use of steroids. No body think about ...



MUSCLE BUILDING LAWS!

We are aware of the fact that, most people in search of answers on how to go about building muscle, sometimes they get confused by...



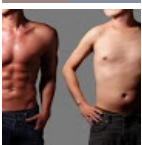
WHAT IS THE DIFFERENCE BETWEEN WEIGHT GAINER AND MASS GAINER?

Weight Gainers Vs Mass Gainer According to me Weight gainers and Mass gainers are two names for products that offer the same thing and...



4 SIMPLE WAYS TO LOSE BELLY FAT WITHOUT ANY WORKOUT!

Belly Fat - If you have a lot of excess fat around your waistline, even if you are not very heavy, then you should get serious and take som...



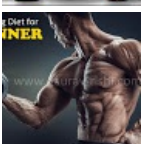
3 BEST SUPPLEMENTS YOU CAN USE!

Today, if you search on health websites or on google, supplements are some of the most difficult topics to discuss and to find out, beca...



LEAN GAINING DIET CHART FOR BEGINNER.

Happy New Year Readers, Thanks for sharing and liking my articles, keep on doing the same this year as well😊. Today I am sharing Diet ...



FOOD ITEMS TO DETOXYFY YOUR LIVER NATURALLY!

The main way in which our body ejects toxins is through the liver, which detoxifies and cleanses our body by continuously filtering the b...



N E W S L E T T E R

★ indicates required

Name

Email Address ★

Subscribe

C A T E G O R Y

EXCULSIVE

Gaurav Rishi

Nutrition

WORKOUT

W O R K O U T





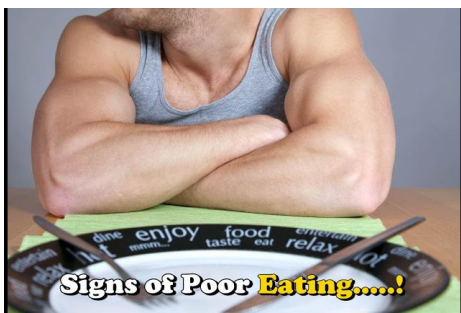
Best ABS Workout and No Belly Workout...

🕒 09 Jan 2018

💬 2

Today's time is the best time towards the fitness point of view. Nowadays everybody is so concerned about their fitness and health and If we are talking about fitness, health,...

N U T R I T I O N



Signs of Poor Eating.....!

🕒 12 Jan 2018

💬 0

We are in a fast living world, which makes us difficult to identify delicate changes that are happening in the body. In an attempt to indicate that something is not happening...

E X C U L S I V E



Fitness & Health Affirmations

🕒 14 Jan 2018

💬 0

Create a set of affirmations for your body to achieve your fitness & health goals. Affirmations are basically positive

sentences you say every day while standing
in front...

G A U R A V R I S H I



What is the difference between Weight Gainer
and Mass Gainer?

🕒 07 Jul 2017

💬 0

Weight Gainers Vs Mass
GainerAccording to me Weight gainers
and Mass gainers are two names for
products that offer the same thing and that
is extra calories from mix of
carbohydrates,...