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If you look around at your local, then you will notice that the majority of people are working their upper bodies, and ignoring their legs. Unfortunately, most lifters focus on building their upper bodies at the expense of their legs. In order to have a truly optimal physique, you must train your upper and lower body to be balanced.

Most people would rather work on their show muscles, chest and biceps, then on their go muscles, legs and back. I know youâ€™ve never heard a girl ask to see your hamstrings, but that doesnâ€™t mean theyâ€™re not important! Upper bodies will always get more attention. Working your arms, shoulders, chest, and back is important, but not any more important than working your legs. Despite this fact, most weightlifters train their upper bodies hard and then the legs are neglected, skipped, or are totally ignored.

Trainees come up with a list of excuses a mile long as to why they donâ€™t train their legs correctly. Excuses such as having bad knees or not needing to because they run or cycle have become very prevalent. There are two main reasons why you shouldnâ€™t avoid training your legs. The first reason is purely speaking of vanity or looks. Think about someone with a huge chest, massive arms, meaty shoulders, and a thick back, sitting on top of ostrich legs. You canâ€™t tell me thatâ€™s a good look for anyone.

The second reason to not neglect your legs during workouts is even more important, but is widely overlooked. Your body is designed to be balanced. When it is off balance, it can affect everything from strength to posture to flexibility to risk of injury. If youâ€™re legs are not proportionately strong to your upper body, then youâ€™re going to run into problems somewhere down the line. Also, your body knows when you are becoming imbalanced and will actually slow down or stop the growth of your upper body until your legs catch up.

After a strenuous leg work out your body will produce more critical anabolic muscle-building hormones than usual. This equates to greater size and strength all over your body. Yes, working your legs positively affects the growth of muscles all over your body. If youâ€™ve been neglecting your legs, then it is time to start training them regularly. If not for the effect it will have on your overall strength, performance, and balance; then at least do it for the vanity! No one wants to look like theyâ€™re walking around riding an ostrich. Leg workouts may be the missing key to your dream body. Hopefully, this article will shed some light on why everyone should train their legs equally to their upper body.

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Joshua â€œCoachâ€• Kozak has been a fixture in the world of health and fitness for over 10 years. Relieve pain with HASfit's a lower back exercises and Get rid of you love handles fast with our HASfit a oblique exercises

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