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True overtraining is a central nervous system complication that is extremely hard to achieve. Opposed to the widespread idea that steroids somehow circumvent the issue, the truth is that synthetic hormones only aid with muscle recovery and protein synthesis. In other words, no juicing in the world can save you if from real overtraining.

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When a Rookie Shaq Bullied Prime Michael Jordan and Almost Got Away With It - Duration: 15:06. JxmyHighroller Recommended for you

Mike Rashid's Complete Overtraining Chest Program

About Mike Rashid: Mike Rashid King is a professional boxer, entrepreneur, fitness & lifestyle enthusiast. He began boxing as an amateur at age 12, and stopped at age 21. Picked up the sport again in 2017, and turned pro as a heavyweight a year later in 2018. Mike has also competed as a power lifter, and played many sports over the years.

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Home - Mike Rashid

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CT Fletcher + Mike Rashid: Overtraining Chest home chest workout

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Pro Boxer and Entrepreneur Mike Rashid King launches his own personal dietary supplement line, The Ambrosia Collective, alongside business partners Marc Lobliner and Sean Torbati. Premium Dietary Supplements. Planta Organic Plant-based Protein. Mental Jewels Brain Booster. Made in the U.S.A. Free Shipping Available.

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