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Stretching exercises

By John Gibb

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Stretching exercises are important before you begin your workout. Always remember to stretch before and after your workout. Stretching exercises also give you health and fitness by making you more flexible.

This helps you in all sorts of exercises, even running, you will find stretching the leg muscles daily will give you better performance at fitness exercises such as running.

Remember for optimal health and fitness always perform stretches, as we mature we become more and more less flexible, this is why it is good to stretch daily.

Stretching exercises for health and fitness are very easy to perform. The normal ones for legs such as touching the toes and hamstring stretches are your most common stretches. For arms you can do anything from arm twists. For your upper body a great stretching exercise is to perform twists side to side with a weightless barbell behind your neck. If you are pursuing martial arts or want excellent flexibility in the legs then you can perform the splits each day, take it very easy when doing this if you are new to exercise, pushing your self could result in severe pain, and in some cases, even damage.

Visit <http://www.weight-lifting-4u.com> for further information.

John Gibb is the webmaster of several websites. <http://www.weight-lifting-4u.com> is his latest addition.

Know Your Muscle Building Exercises - The Shoulders

By Rick Mitchell

Know Your Muscle Building Exercises - The Shoulders by Rick Mitchell

Every bodybuilder and weight trainer will have his or her favorite exercises for each body part. That's how it should be - as you progress through the various stages of learning you'll understand what works best for you. It is useful, however, to take stock of your progress every so often and carry out an analysis of where you are and what changes, if any, are needed to move onwards and upwards.

Part of this analysis should include an assessment of the core exercises that make up your bodybuilding training program. In this article we'll look at the shoulder exercises that have proven their worth to serious bodybuilders for many years. All exercises should be performed to failure with one set of six to eight reps.

1. Dumbbell lateral raises - this exercise provides the best way to develop the lateral head of the deltoid.

- Hold the dumbbells at the sides with the palms facing the thighs.
- Raise the arms up and to the sides until parallel to the floor. Make sure the elbows remain slightly bent.
- Pause.
- Lower with control to the starting position.

2. Bent-over dumbbell lateral raises.

- Bend over at the waist with the knees slightly bent.
- Raise the arms up and to the sides as high as possible.
- Pause.
- Lower with control to the starting position.

Richard Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to [Bodybuilding Advice](#) to learn more about the issues covered in this article.

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