

YES? OR NO?

Catch this! Here's a question that still drifts around the fitness industry.

WILL WORKING OUT WITH WEIGHTS MAKE A WOMAN LOOK LIKE A
FEMALE, DWANE JOHNSON, THE ROCK?

NO.

For women to build themselves to the level of achieving that extraordinary bodybuilder look is due in part by genetics, along with a rigorous consistent workout program, strict diet and large doses of vitamins and minerals. Many take anabolic androgenic steroids, testosterone, and other ergogenic aids to compete in that competitive body-building sport. Research shows that using these substances can help increase muscle mass and at a much faster pace than can be achieved naturally. Unless you work out like they do, and are genetically predisposed, you can't possibly look like that. Be very careful who you listen to when it comes to all matters of health and fitness.

I welcome your thoughts.