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When it comes to weight training, the concept of

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Mike Rashid is a boxer, bodybuilder and fitness icon. He has gained a massive following on his social media channels, where he shares exercise and nutritional advice. Mike is also one of the few people who successfully made the transition from bodybuilding, to boxing. Stats. Height: 5'11" (180 cm) Weight: 215 - 225 lbs (93.0 - 102.1 kg) Year of birth: 1982. View this post on Instagram ...

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Overtraining- Chest Assault is an in depth, comprehensive 4 week wave of "Stupid Pump" worthy chest workouts expressed in great detail. Need more details please contact Mike Rashid.

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will eat on a restricted schedule where the primary feeding  
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The challenger will fast with water or non-caloric beverages only for the majority of the day and then will break their fast with a power shake, followed by a nutrient and calorie-dense whole food meal soon ...

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Mike Rashid Overtraining. Unlike many bodybuilders (and scientists), Mike Rashid believes there are no downsides to



overtraining. He admits that if you wake up in the morning, weak, lethargic and unable to get out of bed –you should probably take the day off. Otherwise, you should be working out. Mike Rashid rejects the concept that overtraining can lead to injury. If people come to him and ...

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3. Mike Rashid constantly overtrains as advised by CT

Fletcher. In many videos, CT Fletcher and Mike Rashid are paying tribute to overtraining. According to them, overtraining is just a myth made up by lazy people. In reality, overtraining is very real. As Louie Simmons from Westside Barbell has said - "People on steroids train way harder ...

[Mike Rashid \(boxer\) Wiki, age, height, net worth, wife ...](#)

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