

Although there are several reasons why many people struggle to make progress in the gym, one of the most common problems is overtraining. Overtraining occurs when the amount of stress you place on your body is more than it can handle. Mental stress, as well as the physical stress of exercise, can put you in an overtrained state.

Although scientists have identified several ways (such as measuring markers of muscle damage in blood) to tell whether you're overtrained, subjecting yourself to a series of blood tests every few weeks could get expensive! However, there are a few easy ways to tell if you're overtraining. These include excess fatigue or tiredness, changes in mood, muscle and joint pain (apart from the mild soreness you feel after a hard workout), a loss of appetite, and difficulty in concentrating at work. Many times, the first sign that you're becoming overtrained is a lack of enthusiasm for exercise.

In essence, overtraining is nothing more than an imbalance between training and recovery. Here are 3 simple steps you can take to correct the balance, and ensure you're doing everything possible to maximise your progress in the gym.

1. Take a rest. If you're concerned that you're overtrained, take a break from exercise. A week off now and again helps to recharge your batteries.
2. Change your routine. Simply varying the type of programme you follow is enough to help you break out of a training rut.
3. Ensure that you feed your body with the nutrients it needs to recover. Many times, overtraining is nothing more than poor nutrition. One of the most important things you can do in this regard is to consume a supplement that helps with recovery. One of the best products for this purpose is Cyclone.

Cyclone is the ultimate all-in-one, number one selling formula for increasing lean muscle, strength and power. It contains the precise blend of nutrients needed for rapid muscle growth and preventing overtraining. Each daily serving provides you with the full 10 grams of **C**reatine

, 10 grams of Glutamine, 3 grams of HMB

, 60 grams of BIOMAX Whey Protein, 80 milligrams of Beta Ecdysterone (97%) along with a patent-pending alkaline blend to increase uptake and absorption. To make the formula complete, potent amounts of chromium and MCTs are also included. Using

Cyclone

for the first time, it's not uncommon for many people to pack on half a stone of lean muscle in the first two weeks alone.

On the days you train, take one serving of Cyclone in the morning and another straight after training. That doesn't mean wait until you've showered and driven home! Studies show that you'll build more muscle if you take a protein/carbohydrate supplement within 15 minutes of finishing your last set - no longer! Taking your supplements at the right time dramatically reduces your risk of overtraining. If you're not feeding your body with the nutrients (and protein) it needs, then you simply won't make the progress you deserve. On your days off, take one serving of Cyclone in the morning, and another serving in the evening.

[Click here now to buy Cyclone](#)

Reference

Smith, L.L. (2000). Cytokine hypothesis of overtraining: a physiological adaptation to excessive stress? *Medicine & Science in Sports & Exercise*, 32, 317