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## Gyming and Body-building

 Blog by Anuj Chugh

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Back in my college days, my short-heighted friends would develop great biceps, triceps, shoulders and chest to be able to stand up to and face people like us or maybe to shed their complex of their pathetic height stats.

Some of them would go to lengths such as hanging on bars half an hour a day or having their arms and legs pulled at each end in order to increase their height.

The funniest and the most mind-blowing part is :

One of my friends did succeed in these attempts and from looking like a sixth grader at 11th, he reached up to my level in the final year of our graduation....

But I would suggest the former approach, that of building a body if one is short-heighted cause height-increasing methods rarely works.

One of the short-heighted fellow but with a great overall body still gives me complex even to this day.

What to do ?

People like me are ectomorphs, i.e we are hard-gainers but we lose weight and muscle mass easily.

If I tell anyone, that I ate four whole boiled eggs daily, they think that I am joking.

Anyways, I still believe that there is no substitute for hard-lifting and heavy-eating.

Sooner or later, I will pick up muscle mass :)

-- Anuj Chugh

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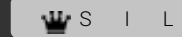


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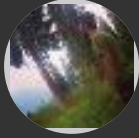
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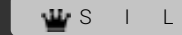
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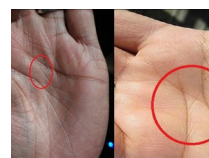
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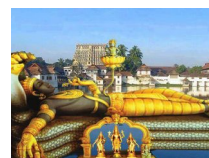
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