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## Bodybuilding and Training with Weights

Posted by mqzy - 2008/07/06 03:11

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for a lot of exercises my right arm/leg is stronger than the left.

i am doing only dumbbell & bodyweight exercises.

is there a proper way to accomodate this?

right now i can curl probably 50lb w/ right and only 30 with left.

so i can undertrain the right and use the same weight on each arm, or is it ok to use heavier dumbbells on each side?

will i just keep the imbalance going if i do that?

Health Service Directory include: Weight Loss Medicine and Medical, Health Education, Mental Health Men?s Health, Women?s Health, Children?s Health etc.

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