

WEIGHT CUTTING ON PERFORMANCE AND HEALTH

NO ENERGY

- STRENGTH
- ENDURANCE
- STAMINA
- CONCENTRATION

POOR TRAINING

- FOCUS
- IMPROVEMENT
- INTENSITY
- LOVE FOR THE SPORT

HEALTH

- HEAT ILLNESS
- BRAIN INJURY
- KIDNEY DAMAGE
- HORMONES

MENTAL

- MOOD
- BODY IMAGE
- STRESS
- SOCIAL LIFE