

By Mohi Baza, Entertainment News Editor

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This time, it's all about the muscles and the veins

I always heard people saying that you can't have too much of a good thing and that excesses are bad - you know, those boring cliches that we so easily dismiss and imagine that there's absolutely no degree of novelty or relevance in them. Well, we may be right most of the times, but nevertheless - sometimes, we just have to admit that excesses are bad. And no, this is not about drugs, although that is one field in which the theory applies most successfully. This is about celebrities and their obsessions - particularly, the "stay thin at all costs" part, which makes some of the ladies out there go to great lengths to get the good looks they long for - only to end up looking... well, not so very pleasantly. Did you ever imagine there was such a thing as too much physical training? Well, take a look at these photos and you may agree with me and say that yes, it's not good to overdo it. Let's take Madonna for example. We all know that the queen of pop likes to exercise, and that she's quite obsessed with going to the gym and working out pretty much every day. But hands up those of you who feel that her muscle-heavy look is sexy, soft and feminine. I'm not a man, but I still find her... well, almost threatening and not at all the Madonna of fifteen years ago, who oozed a daring, sometimes not-so-subtle sexuality that was impossible to ignore. And I won't even start on the veiny hands, because that would make for a separate article altogether. What about Sarah Jessica Parker then? The "Sex and the City" urban waif has turned into the female version of Spiderman. She's looking bulky and her protruding veins make her look like she's either about to pop or to lay an egg. I know it may sound mean, but I simply can't get over the whole "muscle and veins" look. Where are the soft, delicate contours of her arms that she so proudly exposed in her trademark fashionista outfits from her days of glory as Carrie Bradshaw? Renee Zellweger seems to have gone down the same path, all for the sake of weight loss. Although, is it just me, or would these ladies look hot even without all the muscle mass on display? Just a thought...