

WHICH COMES FIRST,



CARDIO

OR WEIGHTS?



FITNESS MYTHS, TRAINING TRUTHS,  
AND OTHER SURPRISING DISCOVERIES  
FROM THE SCIENCE OF EXERCISE

ALEX HUTCHINSON, PHD

READ BY ROGER WAYNE

# Which Comes First Cardio Or Weights Fitness Myths Training Truths And Other Surprising Discoveries From The Science Of Exercise Alex Hutchinson

**J Rink**



## **Which Comes First Cardio Or Weights Fitness Myths Training Truths And Other Surprising Discoveries From The Science Of Exercise Alex Hutchinson:**

**The Diet Fix** Yoni Freedhoff M.D.,2014-03-04 With The Diet Fix weight loss expert Dr Yoni Freedhoff offers a groundbreaking useable guide to begin living happily while losing weight permanently It is time to break the cycle of traumatic dieting Despite the success stories publicized by Atkins South Beach Weight Watchers and others 90% of all diets end in failure How can we fix the way we lose weight so that we make results last Whether used on its own or in conjunction with any other diet Dr Freedhoff s program shows how to replace a toxic dieting mindset with positive beliefs and behaviors Dr Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts The majority of dieting or weight loss programs call for regular sacrifice Give up an entire food group fight hunger day and night undertake exhausting and grueling exercise regiments These approaches are unrealistic unhealthy and make it nearly impossible to maintain results Now at last there is hope In The Diet Fix Dr Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off Through the course of years of research and patient treatment he has developed a 10 Day Reset that supports losing weight while maintaining a healthy enjoyable lifestyle This reset is designed to eliminate the habits that so often lead to weight gain use it to shut down cravings prevent indulgences from turning into binges and break up with the scale once and for all The 10 Day Reset can make any diet more effective whether it s low carb low fat meal replacement calorie tracking or anything in between **What Makes Olga**

**Run?** Bruce Grierson,2014-01-14 A fascinating look at the way we age today and the extent to which we can shape the process In What Makes Olga Run Bruce Grierson explores what the wild success of a ninety four year old track star can tell us about how our bodies and minds age Olga Kotelko is not your average ninety four year old She not only looks and acts like a much younger woman she holds over twenty three world records in track and field seventeen in her current ninety to ninety five category Convinced that this remarkable woman could help unlock many of the mysteries of aging Grierson set out to uncover what it is that s driving Olga He considers every piece of the puzzle from her diet and sleep habits to how she scores on various personality traits from what she does in her spare time to her family history Olga participates in tests administered by some of the world s leading scientists and offers her DNA to groundbreaking research trials What emerges is not only a tremendously uplifting personal story but a look at the extent to which our health and longevity are determined by the DNA we inherit at birth and the extent to which we can shape that inheritance It examines the sum of our genes opportunities and choices and the factors that forge the course of any life especially during our golden years **Build Your**

**Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run**

**Farther, Faster, and Injury-Free** Melissa Breyer,Pete Magill,Thomas Schwartz,2014-07-29 The best running book ever Bob Anderson founder of Runner s World Whether you re a miler or an ultramarathoner if you want a fit fast and injury resistant

running body there s a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more

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□,2023-12-15 21      **Which Comes First, Cardio or Weights?** Alex Hutchinson,2011-05-24 There s plenty of conventional wisdom on health and fitness but how much of it is scientifically sound The truth is less than you d think In Which Comes First Cardio or Weights physicist and award winning journalist Alex Hutchinson tackles dozens of commonly held beliefs and looks at just what research science has and has not proven to be true Should I exercise when I m sick Do I get the same workout from the elliptical machine that I get from running What role does my brain play in fatigue Will running ruin my knees To lose weight is it better to eat less or exercise more How should I adapt my workout routine as I get older Does it matter what I m thinking about when I train Will drinking coffee help or hinder my performance Should I have sex the night before a competition This myth busting book covers the full spectrum of exercise science and offers the latest in research from around the globe as well as helpful diagrams and plenty of practical tips on using proven science to improve fitness reach weight loss goals and achieve better competition results      **Train for Strength** The Experts at Gold's

Gym,2018-12-15 Readers learn about the importance of resistance training which increases strength and endurance while working on your muscles and making them larger After studying the three main methods of resistance training which are free weights resistance machines and individual body weight readers are taught how to pick the best practice for their individual needs and goals and are given sample exercises This book also teaches students the science behind weight lifting and explains the function of different muscles so that students are able to understand what parts of their bodies they re training This text ends with a focus on yoga and stretching to increase flexibility a key component of strength      **Take the Cardio Challenge** The Experts at Gold's Gym,2018-12-15 This book reminds students that there are many ways to exercise From walking to running cycling to boxing high intensity interval training to swimming this guidebook provides readers with

a variety of cardiovascular training exercises Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise This book demonstrates the physical benefits such as increased blood circulation improved stamina and stronger heart and lungs that exercise has on the body     **The Great Cardio Myth** Craig Ballantyne,2017-01-01 The Great Cardio Myth uncovers the science behind cardio and why despite popular belief it is an ineffective workout for weight loss and overall health Today we are heavier and more out of shape than ever and likely suffering from overuse injuries incurred from years of prolonged cardio exercise New research is showing that long cardio and endurance workouts do not get us slimmer or stronger They do not promote longevity or protect against heart disease In fact they may do the opposite by putting excessive strain on our heart joints and muscles and slow our metabolism The Great Cardio Myth will show you how to get the same or better fitness results in one fifth the time of a typical cardio session and debunk unproductive exercise habits With The Great Cardio Myth you will learn to Lose weight and keep it off in just a few short workouts per week Keep your metabolism active for hours after a workout Strengthen and protect your heart joints and muscles Burn through belly fat and other stubborn areas quickly     Fitness Or Fiction (Volume 1) Brent Brookbush,2011-08-01 The fitness industry has become an unregulated misinformation machine It is commonplace for well built gurus who lack any formal education to be given a platform to promote a supplement product idea or TV show Often the results they promise are physiologically impossible costing you time and money and ultimately robbing you of precious motivation However there is great information out there Getting and staying fit is a science that has been developing for decades Research is progressing faster than ever and there are credentialed professionals working hard to make this information available to you Not just pretty bodies interested in your wallet but professionals interested in your well being This book contains no gimmicks fads myths or misinformation Instead more than 600 references are used to bust dozens of myths and provide dozens more practical suggestions for better results The book is written in fun easy to understand plain English so everyone from the novice exerciser to the fitness professional can enjoy Some of the topics covered Dieting Made Simple You don t have to cut carbohydrates carbs or fat or eat weird combinations of food to lose weight The Truth About Supplements It s time to stop wasting your money on the ones that don t work The Myth About Toning up You cannot tone but you can choose exercise that will burn more calories and lead to a leaner more defined physique The Truth About 6 pack Abs How do you get them and are they worth the effort Muscle Myths How to get more out of your weight training routine by avoiding the pseudo science Tackling Cardio Confusion What is the best cardio Motivation is not ordained it s developed Build a plan toward your goals with help from the latest research If you keep doing the same things you will keep looking the same way It s time to make a change With the information in this book you can leave the gimmicks behind and create a personalized fitness program that works No more misleading diet plans and products that promise unattainable results You can be your own personal trainer and critically evaluate your options Stop fighting your body and start working with your

body As an educator for the largest health club chains on the East Coast I have trained thousands of individuals just like you to not only get fit but to become personal trainers themselves I understand how to make the science and research of fitness easy to understand easy to apply and relevant to you I know what fitness trends work and which ones don't Special Thanks This book is my attempt to fill a void in fitness It is a means of bridging the gap between the brightest minds in health and wellness and those pursuing a healthy lifestyle an attempt to explain health science in simple English without the bias of sponsorship product placement and profits Ultimately I want to help you avoid the nonsense and bring you closer to your goals I appreciate your support in filling this gap setting an example and hopefully raising the bar in this unregulated industry

**101 Fitness Myths** Maik Wiedenbach, 2012-05-21 101 Fitness Myths is NOT another 6 minutes abs or drop 14 lbs in 30 days book nor does it follow the latest fitness fad but it is a unique fitness book for everyone whether you're new to the gym or have been working out religiously for years and are frustrated by lack of results This book is about individual empowerment You don't need an expensive personal trainer or fancy machines just dedication basic equipment and the solid scientifically based information in this book The book tackles such common fitness myths as Weight training to get big cardio to get lean Are there cutting exercises Bulking exercises Do high reps burn more fat Do women need different exercises than men Which supplement fights cellulite Are there any supplements worth buying What is the best exercise for the abs Hint It is not the crunch This is the book I wish I'd had when I began weight training twenty years ago It would have saved me so much time and frustration

The Muscle-Building Expert George Leo, 2025-01-04 Unlock the Secrets to Transforming Your Body Without Sacrificing Your Life Are you tired of being bombarded with fitness myths endless gym routines and diets that leave you feeling drained and frustrated Have you ever wondered if there's a better way to build the body you want without sacrificing your time energy or sanity The Muscle Building Expert They're Lying to You About Workout Hours is here to flip the script and transform the way you approach fitness forever Inside this groundbreaking book you'll uncover the truth behind the lies that have held you back Backed by science and real world results this guide simplifies the process of building muscle losing fat and mastering your health so you can stop wasting time and start seeing the results you deserve Here's why you need this book To cut through the noise Say goodbye to fitness myths and confusing advice This book reveals the actionable truths about training nutrition and long term health To take back your time You don't need hours in the gym to transform your body Learn how to maximize results with efficient science based strategies To achieve your goals your way Whether you want to build strength burn fat or just feel confident in your own skin this book helps you design a plan that works for YOU To stay motivated and consistent Fitness isn't about perfection it's about progress Discover how to build sustainable habits that fit your lifestyle Who needs to read this book Beginners looking for a simple clear roadmap to kickstart their fitness journey Busy individuals who want real results without dedicating endless hours to the gym Fitness enthusiasts tired of plateauing and seeking fresh science backed approaches Anyone who wants to understand the deeper

connection between fitness mental health and lifelong vitality What's inside The shocking truth about workout hours and why less can be more The secrets of muscle growth what happens during and after your workouts How to fuel your body with smart nutrition not fad diets The psychology of body image confidence and overcoming self doubt Practical effective workout plans you can do at home or in the gym When should you start Right now Stop waiting for the perfect time or the perfect plan This book gives you everything you need to take the first step toward a healthier stronger and more empowered version of yourself Your journey starts here Are you ready to uncover the truth and transform your life Don't wait get your copy of The Muscle Building Expert today and discover how simple effective and rewarding fitness can truly be **Muscle Myths**

Michael Matthews, 2012-03 If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't what's scientifically true and what's false when it comes to building muscle and getting ripped then you need to read this book Let me ask you a question Do any of the following claims sound familiar I have bad genetics I'm a hardgainer You have to work your abs more to get a six pack When doing cardio you want your heart rate in the fat burning zone You have to do cardio for 20 minutes before your body starts burning fat Don't eat at night if you want to lose weight Steroids make you look great I'm overweight because I have a slow metabolism You've probably heard one or more of these statements before and the sad truth is lies like these have ruined many people's fitness ambitions There are many many more Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self-styled gurus it's becoming harder and harder to get in shape Muscle Myths was written to debunk the most commonplace and harmful gimmicks fads myths and misinformation in the health and fitness industry Here are just some of the things you'll learn in this book Why you don't have to cut carbohydrates carbs or fat or eat weird combinations of food to lose weight The truth about supplements and why 99% of them are a complete waste of money and the few that are actually scientifically proven to work What it actually takes to tone up and it's not doing shaping exercises these don't exist or doing a million reps every workout Why women shouldn't be training differently than men if they want the lean toned and sexy type of body that they see in magazines TV shows and movies The scientific secrets of getting a six pack Forget 6 minute gimmicks doing endless crunches and hours of grueling cardio it's actually pretty easy when you know what you're doing Training and diet methods that will completely shatter any perceived genetic barriers that you think are holding you back from building a muscular lean physique that you love The proper way to stretch so you don't sap your strength and risk injury Most people do this wrong and suffer the consequences without even realizing it And much more With the information in this book you can save the money time and frustration of buying into misleading diet plans and products that promise unattainable results You can become your own personal trainer and start getting real results with your diet and exercise Scroll up and click the Buy button now to learn the no BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long grueling exercise routines **Science of Strength Training** Austin

Current,2021-05-04 Is it time to lose weight gain muscle and speed up your metabolism Discover the hard science needed to perfect each exercise and build your strongest body at home or in the gym Packed with research that supports the notion that bodyweight exercises help you reach your weight and fitness goals this simple to follow guide also gives you valuable insight into how nutrition and exercise can improve your health Inside the pages of this strength training book you ll discover The physiology and benefits of strength training Workout plans for beginners enthusiasts and personal trainers The hard dietary science that debunks common myths and important information to properly fuel your body Depictions of 33 exercises how to do them common mistakes and the benefits of each Work towards your strength goals In this book Author Austin Current takes readers through the science of strength training weight loss nutrition and overall health The book looks at why many people fear strength training why they shouldn t and how they can incorporate it into their daily lives Filled with CGI artwork and science backed information this exercise book will help you transform your body and improve your well being Not only that but this title also includes full workout plans and over 100 individual exercises You ll learn how your muscles engage at each stage how to do movements properly and without injury and it shows you different variations for home and gym This book is also packed with nutritional information and includes dietary advice for vegans and vegetarians Discover more in the series DK s Science of series dives into the science of various types of exercises such as weight training running and yoga Each book discusses the benefits of the specific type of workout and how you can transform your outlook about health and fitness How The Book Works The first section human physiology introduces you to the wonder that is skeletal muscle and the mechanisms that underpin strength training s demands on the body It will help you understand how muscles work and grow and how the resistance work stimulates muscles to develop strength and size alongside its positive impacts on bones and connective tissue It also explains how the body powers muscular work and shows you how to calculate your own daily macronutrient requirements Lastly you re given an overview of the benefits to the brain and the crucial role it plays in attitude and mental health The second section strength exercises is devoted to a comprehensive collection of strength training exercises to perform along with many variations offered to compliment your available training equipment personal preferences and level of challenge at home or in the gym Each exercise displays the muscles being used throughout the movement with detailed instruction on how to achieve proper form and technique common mistakes are covered too The third section preventing injury explores common injuries related to resistance training with explanations on how to avoid them and how to return to training if you do suffer an injury A consistent and structured routine including a proper warm up prepares the body for work and the various mobility exercises and stretches given will help you tune in to how your body is responding to the training The final section how to train outlines everything you need to know about the variables of effective strength training such as training volume and fatigue management Whether you want to build muscle strength or endurance you ll find an easy to follow program to suit as well as alternatives for those wanting to workout more often Then programs



form the base of your training and can be adjusted in the months and years to come      **Weight Lifting Is a Waste of Time** John Jaquish,2020 You've been lifting for a few years When you take your shirt off do you look like a professional athlete Do you even look like you work out Many fitness experts defend weights and cardio like they are infallible but where are the results Why does almost nobody look even marginally athletic Fitness may be the most failed human endeavor and you are about to see how exercise science has missed some obvious principles that when enacted will turn you into the superhuman you always wanted to be In *Weight Lifting is a Waste of Time* Dr John Jaquish and Henry Alkire explore the science that supports this argument and lay out a superior strength training approach that has been seen to put 20 pounds of muscle on drug free experienced lifters i.e not beginners in six months      Muscle Myths Michael Matthews,2012-11-01 If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't then you need to read *Muscle Myths* Do any of the following claims sound familiar I have bad genetics I just can't build muscle or lose fat easily You have to work your abs more to get a six pack When doing cardio you want your heart rate in the fat burning zone Steroids make you look great Don't eat at night if you want to lose weight You have to do cardio for 20 minutes before your body starts burning fat I'm overweight because I have a slow metabolism You've probably heard one or more of these statements before and the sad truth is lies like these have ruined many people's fitness ambitions Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self-styled gurus it's becoming harder and harder to get in shape *Muscle Myths* was written to debunk the most commonplace and harmful gimmicks fads myths and misinformation in the health and fitness industry Here are just some of the things you'll learn in this book Why you don't have to completely cut out carbs or fat or eat weird combinations of food to lose weight The truth about supplements and why 99% of them are a complete waste of money and the few that are actually scientifically proven to work What it actually takes to tone up and it's not doing shaping exercises these don't exist or doing a million reps every workout Why women shouldn't be training differently than men if they want the lean toned and sexy type of body that they see in magazines TV shows and movies The scientific secrets of getting a six pack Forget 6 minute gimmicks doing endless crunches and hours of grueling cardio it's actually pretty easy when you know what you're doing Training and diet methods that will completely shatter any perceived genetic barriers that you think are holding you back from building muscle or losing weight The proper way to stretch so you don't sap your strength and risk injury Most people do this wrong and suffer the consequences without even realizing it And much more This book will save you the money time and frustration of falling into the traps of misleading diet plans and products and teach you how to finally start seeing real results with your diet and exercise      **12 Health & Fitness Mistakes You Don't Know You're Making** Michael Matthews,2012 If you've ever felt lost in the sea of contradictory training and diet advice out there and you want to know the truth behind 12 of the most common and most harmful health fitness myths out there then you want to read this book Let me

ask you a few questions Do you believe that your genetics are preventing you from making great gains in the gym Do you do certain exercises because they re supposed to shape your muscles Do you stretch before lifting weights to prevent injury or increase strength When doing cardio do you shoot for a target heart rate zone to burn the most fat possible If you answered yes to any of those questions you re in good company as most people do the same But here is the kicker Theres NO science behind any of it Quite to the contrary however science actually disproves these things Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self styled gurus its becoming harder and harder to know how to get in shape Well this book was written to debunk some of the most common and harmful myths in the health and fitness industry and teach you what you really have to do to get lean strong and healthy The Biggest Exercise Myths Debunked SONNY. J. COTTER,2025-02-04 What if everything you thought you knew about exercise was wrong For years we ve been bombarded with fitness myths warnings that running will ruin your knees that aging inevitably leads to weakness that there s a single perfect workout that guarantees results The modern fitness industry thrives on confusion selling quick fixes extreme programs and unrealistic expectations that leave people frustrated injured or worse giving up entirely But what if the key to lifelong health and strength isn t found in the latest workout trend but in a return to what our bodies were naturally designed to do In The Biggest Exercise Myths Debunked you ll discover the real science of movement not the misinformation spread by fitness culture but the timeless truths shaped by human evolution Drawing from anthropology biology and hard hitting research this book dismantles the biggest fitness lies and replaces them with practical sustainable strategies that will transform how you move train and age Who Needs This Book If you re tired of conflicting fitness advice and want the truth behind what really works If you ve struggled with injuries motivation or inconsistency and want a fresh perspective on exercise If you believe aging means slowing down losing strength and accepting weakness think again If you re looking for a fitness approach that fits into real life not just gym culture or Instagram trends What You ll Discover Inside The truth about running why it doesn t destroy your knees and how to run smarter not harder Why hunter gatherers stayed strong and agile well into old age and how you can too How modern fitness culture is failing us forcing exercise instead of embracing natural movement Why walking is the single most powerful and underrated movement for long term health How strength training and endurance exercise should increase not decrease as you age and why it s never too late to start The real secret to longevity not just adding years to your life but adding life to your years Why This Book Matters Now More Than Ever In a world where technology has eliminated the need for movement we no longer have to be active we have to choose to be But with so much misinformation clouding our understanding of fitness too many people are trapped in cycles of inactivity injury or frustration This book is the antidote If you re ready to break free from fitness myths rediscover what your body is truly capable of and take control of your long term health The Biggest Exercise Myths Debunked is the book you need Now is the time to rethink everything you thought you knew about exercise Are you ready Turn the page and

start the journey      **Facts and Fallacies of Fitness** Mel Cunningham Siff,2003      **The Resistance Training Revolution** Sal Di Stefano,2022-09-06 Burn fat build lean sexy muscles lose inches and feel healthier more energetic and youthful than you ever have in your life with a revolutionary new approach to resistance training Tired of spending hours on the treadmill Dealing with the joint pain of high impact exercise And seeing very few results in terms of fat burning and weight loss If so it s time to join the revolution Brought to you by Sal Di Stefano the founder of the mega popular Mind Pump podcast The Resistance Training Revolution reveals how resistance training is the best form of exercise to burn fat boost metabolism and achieve health benefits you cannot obtain from other forms of exercise Di Stefano breaks down fitness misconceptions shares his decades of industry knowledge and brings you a comprehensive accessible guidebook that will give you the body you ve always wanted in as little as 60 minutes a week This book features Over 60 fat burning metabolism boosting workouts you can do at home to sculpt your body and maximize your health and longevity Raw fitness truths that will show you what works and what doesn t You ll be shocked at how easy it is to build lean muscle and lose fat once you understand these truths and once you train your body the right way The newly discovered health benefits of resistance training in terms of heart health bone strength joint protection and especially antiaging The exact formula for nutrition that makes losing fat while sculpting your body a breeze and for the long term Dozens of self assessments to track your progress and much more The Resistance Training Revolution also reveals how to optimize your workout time following Mind Pump s Muscular Adaptation Programming System MAPS a system that ensures that you keep making progress without the frustrating plateaus Isn t it time you joined the revolution      *Science of Strength Training: Understand the Anatomy and Physiology to Transform Your Body (DK Science Of) [Spiral-Bound]* Austin Current Austin Current,2021-05-04

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**Which Comes First Cardio Or Weights Fitness Myths Training Truths And Other Surprising Discoveries From The Science Of Exercise Alex Hutchinson Introduction**

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