

# q fitness: with CHRIS GREGORIOU

## 6 Myths For Working With Weights

Let the truth be told, there are incorrect rumours going around about strength training. The truth is that strength training is one of the absolute best things you can do for your health and appearance. I will go as far as to say it's a must do for your body. For guys and girls! Our bodies have been made for it. It helps us in so many ways, even strengthens our bones.

If you've fallen for these 6 myths then you're missing out on tremendous potential results.

### Myth #1 Muscle Turns Into Fat

Why would anyone want to build muscle if it could morph into fat after a span of neglect? Rest assured that this is a myth and it's been around for years. Muscle tissue is muscle tissue. Fat tissue is fat tissue. One will never become the other.

### Myth #2 Strength Training Doesn't Burn Fat

On the contrary, muscle mass is your number one ally against fat gains. A kilo of muscle burns 20-30 calories each day, while you're just living and breathing. Regular strength training helps you increase your muscle mass as well as preserve existing muscle mass, turning you into a fat-burning machine. It's far easier to maintain a healthy weight if you're carrying a little more muscle.

### Myth #3 Lifting Weights Makes Women Bulk Up

I hear this a lot. No matter what age, it's a constant fear of women of all shapes and sizes. Yes, strength training increases the amount of muscle on your body, so many women take this to mean that their body will become huge and look like a male body builder. The truth is that the female body simply doesn't contain high enough levels of testosterone to produce that level of results.

### Myth #4 Strength Training Is For Young People Only

Ha, that's a used-up excuse that senior citizens across the world have proven wrong. Some older people can be more hard core than some of the younger generation, let me tell you. Some of the amazing body transformations I have been directly involved with for people over 50 have been outstanding. Directly related to using weights correctly and effectively. Assuming that your doctor has given you the OK, you have much to gain from a regular weight lifting routine. In fact, the older we get, the more we need to maintain core strength. It's not just for aesthetics, however, more for improving balance and coordination, better strength and flexibility, and for a decreased risk of osteoporosis are just the beginning.

### Myth #5 Use Light Weight and High Reps To Tone

This myth, popularized in the 90's, of very high repetitions with ultra light weights would result in a toned physique has become outdated. These high repetitions may increase your muscular endurance but will not add strength or tone. We now know that in order to truly challenge your muscles, heavier weights with lower repetitions are a must. Start with an 8-10 repetition range and push your muscles with each set.

### Myth #6 The best indicators of a good workout are how sore you are the next day.

Most hard-working individuals equate a good workout with being exhausted and sore. Some even think throwing up is beneficial. This is all rubbish, however getting you stronger, faster and more flexible actually takes some work. Throwing up is one of the most catabolic things you can do to your body. If your goals are increased muscular strength and or muscular growth, you should do everything possible not to throw up during your training. Post-exercise soreness is not always effective for muscular growth and certainly is not an indicator you will obtain improved athletic performance. Think of DOMS (Delayed Onset Muscle Soreness) as an unfortunate side effect of training, not a goal of training. Know this. It's easy for a trainer to make you tired, sore or to even throw up, but it takes a true professional to get you stronger, faster, more flexible and better toned. So include strength training as a part of your fitness routine. It really is essential for achieving a fit and toned body.

