



Why Are Weights So Beneficial?

It is normally perceived that by using weights or weight training you will build big muscles, which 99% of women don't want and a good portion of men don't either. It is true by using weights in a certain way you can build bigger muscles but this is difficult for most men and near impossible for most women. The reason women struggle to build big muscle is due to the lack of testosterone in their bodies which is essential for building. It is true that if you have never used your muscles to lift weights before you will have a severe case of muscle wastage so when you begin to lift weights your muscles will become slightly bigger and return to their natural size.

In most cases for untrained people they will have a lot of muscle wastage that is covered in a layer of fat. Fat takes up 3 times more space than muscle and weighs a third of the weight of muscle so logically the best way to become slimmer is to strip that fat and build lean muscle, but why?

As I have already mentioned lean muscle will make you slimmer but also the more lean muscle you have the faster your metabolism, so you are burning more calories every day therefore giving you better results and faster.

To get your muscles fitter and more toned you need to be looking at completing between 12-20 repetitions on an exercise and looking at doing between 2-4 sets with 30 seconds rest in between. The most essential part of this process is selecting the correct weight. It is pointless moving a weight around if it is easy because this is not making you fitter/slimmer, it is keeping you exactly where you already are. You need to challenge your body by increasing the weight to make the last set you do near impossible so your body must get fitter to be able to do it.

Fact: 45mins of intense weights & cardio is more beneficial to fat loss then 45mins of cardio. Put the two together at high intensity and you are well on your way to the results you desire.