



# SMX

SLOW MOTION  
EXERCISE

## EXERCISE MYTHS: **EXPOSED**

*START TRAINING SMARTER... WITH US!*

## *“WEIGHT LIFTING IS GOOD FOR MY MUSCLES AND BONES BUT I STILL NEED TO DO SOMETHING ELSE TO WORK MY HEART”*

Cardiovascular Benefit: Most people erroneously make too big of a distinction between resistance training and cardiovascular training. What you must realize is that the only reason your heart and lungs are being taxed during an activity such as work on a treadmill for example, is because the working muscles of the legs and lower body are putting more demand on the heart and lungs for blood flow, oxygen, and nutrients. Your cardiovascular system is there to support the working muscles. The more demand you put on your muscles, the more demand they in turn place on your cardiovascular system. Also for years both the medical and scientific community thought that the best way to get a cardiovascular response through exercise was to have your heart rate elevated and remain “steady state” (at that same level) for a prolonged period of time. While that certainly does offer benefit, what the medical community now realizes is that a “better” way to get a cardiovascular response through exercise is not to have your heart rate remain steady state, but instead to have it go up and down in intervals. When engaging in proper, intense resistance training with minimal rest between exercises, your heart and lungs go on a virtual roller coaster ride throughout your sequence of exercises. Therefore once you have been training at SMX and start utilizing an appropriate amount of intensity, your cardiovascular workout is very much built in. You will not need to go “run in the park” after, if your reason for running in the park was simply to make sure you got your cardio in that day, as in essence it has already been done.

## *“I NEED TO DO AEROBICS TO BURN FAT AND LOSE WEIGHT”*

Fat Loss: Most people worry too much about how many calories they are burning during their actual exercise sessions. We at SMX feel that may not be the right approach. The amount of calories burned during exercise is rather small compared to what’s typically advertised, but more importantly compared to how many calories your body is capable of burning during the other 23 or so hours of the day that your body is not necessarily exercising. What you want to do is change your body to be a very effective calorie burning machine. By influencing your body to burn calories all of the time, even when you’re at your desk, driving your car, or even sleeping you can make a much more substantial impact on your weight than by merely focusing on how many calories you burn during an exercise session. In other words you should focus on boosting your metabolism (the amount of calories your body requires at rest to carry out many basic functions). The way to do this is simply by becoming stronger, even if your primary goal is not strength. By becoming stronger, you will put on lean muscle tissue. Lean muscle tissue is the most metabolically active tissue in the body. For your body to sustain any additional muscle tissue it puts on it must now burn more calories. So....if you get stronger you will have added more lean muscle tissue, if you added more lean muscle tissue you will have a higher metabolism, if you have a higher metabolism you will be burning extra calories! Get it???

*“I AM A WOMAN AND I DON’T WANT TO LIFT WEIGHTS BECAUSE I DON’T WANT TO GET TO BULKY”*

Will I bulk up?: It is a true shame that this myth is so commonly heard. The fact is that it is VERY difficult for most people to add muscle, most especially women. The body is very resistant to change, it has to be absolutely forced and strategically coaxed into making a noticeable difference. The average female simply does not possess the amount of hormones (testosterone) that is required to build big bulky muscles. Lifting weights does not produce a bulky unfeminine body, it in fact creates a leaner, more athletic, elegant looking body. Muscle is far more compact than fat; so the more muscle you build and the fat you lose, the smaller you will become. And the more lean muscle you acquire, the more calories you will burn 24/7. The reality is that muscle mass is very difficult to develop and you should celebrate every ounce you can gain. As you age your life will depend on this muscle. The following analogies very effectively make the point...

When someone says they don’t want to develop too much muscle it’s like saying you don’t want to eat so healthy because you don’t need all that health. Or you don’t want to work too much because you’ll make too much money.

