



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## THE TOP 5 CONTENDERS FOR THE WORST FITNESS ADVICE IN HISTORY



Why is there so much dissent on how to get fit? Does building a bit of lousy muscle and burning a bit of loathsome fat have to be so complicated?

**It doesn't have to be complicated at all. In fact, the truth about getting into great shape couldn't be simpler.**

You follow a handful of flexible diet and training guidelines...you put in the work every day and stay patient...and you reap the body you've sowed. End of story.

My primary goal as an author and educator is to empower people to build the bodies of their dreams with basic, science-based guidelines. So, to that end I'm going to use this to eviscerate...er...explain...5 of the worst pieces of fitness advice I've ever heard.

#### 01. Calories don't count anymore.

You see, there's a reason why every single controlled weight loss study conducted in the last century has concluded that meaningful weight loss requires energy expenditure to exceed intake.

That is, we must eat less energy than we burn to lose weight. And that's right. I'm talking good ol' calories in and calories out and the physiological bedrock of energy balance.

The truth is calorie counting, when applied intelligently, can change your life.

- ✔ It can put you in complete control of the most important aspects of your body: your weight, body composition, and health.
- ✔ It can free you from the anxieties and uncertainties of "dieting." Of having to hope for results and second-guess everything you put in your mouth.
- ✔ It can free you from the traps of yo-yo dieting, restrictive dieting, starvation dieting, and just about every other pitfall that gobbles up the hopes of millions of people every year.

## 02. Weightlifting makes women “bulky.”

The reality is it's very, very hard for women to get “bulky.” It takes years of hard and deliberate effort in the gym and kitchen to look musclebound.

The average woman's fear of heavy weightlifting is unfortunate. Ironically, it's the only type of exercise that can deliver the results she wants: tight muscle definition with curves and cuts in the right places.

You see, the more muscle you add to your frame, the more your body fat percentage is going to affect your look. If it's a bit too high, the added muscle is going to make you look fatter. Lose the extra fat, however, and you look completely different.

The bottom line is the lean, toned, athletic look most women want requires a fair amount of muscle and a body fat percentage between 15 and 20%.

Heavy weightlifting is the key to adding the muscle and proper dieting is the key to shedding the fat.

## 03. Carbs make you fat. Or wait, is it fat that makes you fat? It all makes you fat!

No individual food can make you fat. Only overeating can. Carbohydrate isn't your enemy and dietary fat isn't your savior. You have nothing to fear from insulin and low-carb dieting doesn't help you lose fat faster.

The truth is any diet that completely restricts a food or food type is likely bullshit.

You can eat a balanced diet that includes everything you enjoy, including your favorite carbs and indulgences, and have a muscular, lean, and healthy body.

Remember that your body isn't what you eat—your body is what it does with what you eat. And it's incredibly good at adapting to a wide variety of diets.

Fitness should be an uplifting lifestyle, not an ordeal. If you can't see yourself following your current dietary regimen a few years from now, that's a problem.

## 04. You have to do cardio to lose weight.

People everywhere believe that getting and staying lean requires the regular sacrifice of thousands of heartbeats and gallons of sweat. It's simply not true.

So long as you know what you're doing with your diet, you can lose fat and stay lean without doing any cardio whatsoever. And you can get *really* lean with no more than a couple hours of cardio per week.

You see, the problem with abusing cardio to try to get lean is threefold:

- ✓ It's too easy to eat back the calories you burn.
- ✓ Your body adapts to low-intensity exercise to reduce calorie expenditure.
- ✓ Cardio burns fat but it burns muscle too.

If you want to preserve maximal muscle while losing fat, you want to do more resistance training than cardio and as little cardio as you can.

#### 05. Heavy weightlifting builds strength, not muscle.

If you want to work your ass off with grueling workouts only to make mediocre gains and hit an unbreakable plateau, then you want to emphasize higher rep ranges in your weightlifting. One of the biggest lessons I've learned that has enabled me to dramatically (and naturally) transform my physique is how vital heavy weightlifting is.

The bottom line is emphasizing the 4 to 6 or 5 to 7 rep ranges in your training is a remarkably effective way to build muscle and strength (and the two are inextricably linked).

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