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Hutchinson, a physicist, award-winning journalist, and contributing editor of Popular Mechanics magazine, reveals the little-known and often surprising truths that science has uncovered about exercise., Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise - In Which Comes First, Cardio or Weights? Alex Hutchinson, a physicist, prize-winning reporter, and adding editor of, Aerobic exercise also makes you smarter and improves your memory. Furthermore, aerobic exercise is better than strength when it comes to these mind body benefits. Lastly, the harder the better. â€œWhich Comes First, Cardio or Weights?â€• is available for \$10.70 at Amazon.com., Read or Download Here

<http://goodebooks.com/playsterpdf.com/?book=006200753X>PDF Which Comes First Cardio or Weights?: Fitness Myths Training Truths and Other Surprising, One of my friends asked me the other day which one comes first: cardio or strength training? Not only that, whatâ€™s more important and how often should you do it?, From

dumbbells, body weight, kettlebells, spinning, treadmills or ellipticals, a common concern is which type of exercise should be done first., When Hansen's court-sport athletes are combining weight training with cardio in a single session, the weights come first, since building power is their first priority. This approach "starting with whichever activity is most important to you" is widely used by elite athletes., Cardio only keeps your heart rate elevated for minutes after you finish. If you lift weights BEFORE you run, you'll be able to get your heart rate up with far less effort than you would if you ran first. It's a no-brainer! Don't Forget to Warm-Up The only time you should do cardio BEFORE weight training is your warm-up.

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