

The 10

MOST PERSISTENT FITNESS MYTHS



FitnessForTheWorld.com

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You can focus on losing fat from certain body parts

Truth: This question comes up time and again on all social media networks I frequent. It seems this is one of the most persistent fitness myths out there. Unfortunately, it is not possible to spot-reduce fat. So stop focusing on isolation exercises to reduce fat at your arms, belly or anywhere else you deem necessary. Always focus on a comprehensive program that targets the big muscle groups and builds a foundation. This is the best way to lose fat at the zones you consider important for your physical appearance.

Related Article: **[Beginner's Guide to Resistance Training](#)**



Lifting heavy weights bulks you up

Truth: This is not true. Muscle mass is very difficult to gain and actually quite flat in general. If you start and also finish the so-called "Body Transformation", which is basically gaining muscle through resistance training and losing fat in the process while maintaining your weight, you will appear significantly leaner even though you do not see any difference in your weight. What probably bulks you up is your excess fat and the water you pump into your muscle through excessive carbohydrate intake.

If you are concerned about a bulky appearance, create a caloric deficit and lose weight. This will take a while, but you will be astonished to see that you have significantly less muscle mass than you initially thought you have.



Myth #3:

You Need To Do Cardio To Lose Weight

Truth: You can use cardio to speed up your weight or fat loss, but cardio will not be the solution if you do not adjust your nutrition. It has been widely proven that the single best method for losing weight, in the long run, is a dietary adjustment. You cannot out-train bad nutrition, so don't attempt it. You will fail.

Also, if you want to accelerate your weight loss to improve effectiveness, cardio is not the best option either. Cardio is time-consuming (fact) and also boring (personal opinion). If you are pressured for time, High-Intensity Interval Training (HIIT) or standard resistance training is the way to go. Also, resistance training has a long-lasting effect when it comes to weight management. Cardio is only a temporary weight loss booster. Indeed, you only burn excess calories during the actual exercise. Once you stop, the positive effect on weight loss stops as well. Resistance training has a medium and long-term effect, and HIIT has a medium-term effect on weight loss.

Related Article: **[10 Kick-Ass Tips to Defeat Excess Body Fat Within 4 Weeks](#)**



Myth #4:

To stay in shape, you only need to work out once or twice a week

Truth: Unfortunately for you, this will not work out. You can probably maintain your current fitness level if you only train twice a week, but you will not be able to achieve significant progress. 3 times a week is the minimum you have to hit the gym if you want to see serious improvements.

It might be possible to see results if you are really a complete beginner. The 2 days will work, but not very long. You will realize that the better in shape you get, the more difficult further progress is.

So, if you want to see visible results from your gym sessions, try to show up at least 3 times a week. One remark: If you are pressured for time and only can make it once or twice, do not take this as an excuse to stop working out completely. Doing a bit is usually better than doing nothing.



Myth #5:

Weight training is for men

Truth: I hope that the times where women seemed to believe that lifting pink one-kilogram dumbbells with a softened grip are over, but you never know. Heavy lifting is as beneficial to women as it is to men. It has several health benefits.

Schwarzenegger also had a small paragraph in his book explaining why he doesn't have a chapter about resistance training for women and he elaborated that there is no difference in training principles.

From a marketing perspective, I admit that it is probably more useful to sell pink women-friendly dumbbells to create a certain illusion that triggers more women to start with strength training in the first place.

This is similar to the "For Men" products when it comes to beauty treatments and makeup. Men only started considering buying facial creams once they were marketed as "For Men," as if this would make any difference in the usability or effect.

So again, muscle fibers are the same for both sex and all the health benefits from strength training apply to men and women equally.

Women are especially afraid of the above-mentioned issue of bulkiness. But as already explained earlier, resistance training will not make you fat overnight. Also, building muscle is a long process and due to the very low testosterone levels in women, it will be even more difficult to gain muscle mass fast. And in case you got stronger during your first weeks of training, do not freak out. This is more likely due to neural adaptations, which means your brain increased its ability to control and fire motor units for muscle contraction a lot better than it used to. This subconscious competence increase of your neural system can lead to a significant increase in strength output in a short period of time and happens almost always if you are a beginner. You are so far away from your genetic potential that you perceive light weights as extremely heavy.



Myth #6:

At Some Point, You're Too Old to Exercise

Truth: It is actually, especially for old people, a very good idea to do regular exercise. We naturally lose muscle mass at the age of 25 every year. If you don't counter this naturally occurring process, you will have lots of problems later in your life.

And you probably are not going to die as our modern medicine is quite good. You will live in misery the last 20 years of your life, while our modern medicine keeps you alive with pills and other stuff. So, I highly encourage you to think about your fitness routine, especially if you happen to be over 50 years old. It is really about time.



Myth #7:

Ab Crunches Will Flatten Your Mid-Section

Truth: As already mentioned above, we cannot spot-reduce fat and your abs will never be able to grow to such a size that they outshine the fat reserves around your mid-section.

If you really want to have visible abdominal muscles, you need to reduce your body fat percentage. No matter how many ab exercises you do, you will not see any results if your nice abs are covered with a layer of fat. In order to see your six-pack, you need to be lean. Period.

A close-up photograph of a person's hands holding a burger. The burger is on a soft, golden-brown bun and is filled with a thick, dark brown patty, fresh green lettuce, and a slice of tomato. The background is blurred, showing another person holding a similar burger.

Myth #8:

The more you eat, the more muscle you will build

Truth: This statement mainly refers to the traditional bulking phases in bodybuilding, but muscle development is a longer-term process and takes time. Your body is only able to build a certain amount of lean muscle tissue in a given time frame. Increasing the food intake will not help you to speed up gaining muscle mass. Instead, your body will turn this additional food into fat to increase its energy reserves.

The lesson here is that a heavy bulking session is not the best idea, especially if you want to look good all year round. Try to stay lean and gain muscle mass slowly. You will look way better this way and also healthier.

There is a very good article at T-Nation, which encourages everyone to always cut down first before increasing overall weight. The reasons are that once a fat cell has developed, it is not possible - without surgery - to get rid of it. We can only empty our fat cells and make them flat again. The issue with too many of them is the significantly faster storage capability compared to when you had not developed these additional cells in the first place. So, do not start building them. Stay lean, look awesome, and build muscle slowly.

This strategy will significantly reduce the amount of cutting you have to do and you can look shredded in a couple of weeks.



Exercise Takes Too Much Time and Effort

Truth: While you have to train more than twice a week, it is actually possible to only work out for around 30 minutes in every workout session to see significant progress. The effort you put into your training is more important than the time. Use heavy weight and short rest periods. This will stimulate your muscles without the need to stay in the gym for hours at a time.

The trick is to focus exclusively on compound movements, which are multi-joint exercises that stimulate several muscle groups at once. Training this way allows you to target every muscle group within your body in those suggested 30 minutes and you will see a well-balanced progress.



Myth #10:

Calorie deficit doesn't work for everyone

Truth: The only thing that will make your body lose weight is a caloric deficit. All the pieces of advice out there usually target this single idea in different forms. If you remain in a caloric deficit for an extended period of time, then you will lose weight. This is simply a law of nature.

All systems – our body included – need energy to function, and if we put less fuel in our body than it requires, this energy balance will be destroyed. The only way to maintain its ability to function is to cannibalize itself. Luckily, fat reserves are the perfect energy supplier.

A little story: I read a Facebook post a couple of days ago where a woman claimed the deficit is not working and she only eats 1200 calories a day. This, I admit, is not really a lot of food and most people would lose weight at this level easily.

It turned out, unfortunately for her, that her maintenance level is at around 1200 calories per day. Well, this does not mean that a caloric deficit does not work. She is just unlucky and can only eat 700 calories a day. □

The moral from that story is this: Make sure you know at least approximately your maintenance level before you complain about something not working.

I also recommend cutting more than 500 calories per day for two reasons. First, it takes way too long to reach your target weight. Second, you will probably mess up the calorie counting anyway and end up at a 200 calorie deficit or worse. So, use a higher caloric deficit to counter those problems.



1-on-1 Online Coaching

Commitment is usually the most difficult part to master while getting in shape.

Let me help you to stay on track. A little external motivation can be immensely powerful.

In my 1-on-1 online coaching program, I help several men and women just like you achieve lasting body transformations that they once never thought possible.

You'll work directly with me. We can build upon the Workout Routines in this book or I will design a tailored fitness plan entirely around your goals, your preferences, and your specific circumstances.

But you won't just be getting a fitness plan - you'll also be getting a fitness accountability partner to help you see it through.

I will be there to personally guide you, motivate you, and keep you on track until you reach your goals.

There is never a perfect moment to make a change, so stop looking for one.

But there is this moment, and I hope that you'll take it.

Get the 1-on-1 Online Coaching Session [here](#).



Useful resources

We all have started out with enthusiasm on our journey toward the perfect physique. But, sooner or later, we often realize - even though training gives us satisfaction and has a positive impact on our mood - it can also be exhausting sometimes.

This is especially true if other things demand our focus and attention. I have put together a list of the best "things" to help you.

After receiving several questions about what supplements to take or what fitness books to read, I decided to create a whole page about the best fitness products out there.

It has a lot of useful stuff, which could help you progress toward your goals, so make sure to have a look.

[Have a look at the Recommended Products Page here.](#)

I will gradually update this page and add new products, which I think can help you to reach your fitness goals faster and easier.

A grayscale background image of a muscular man from the waist up, holding a barbell with both hands. He is looking directly at the camera. The image is dark and serves as a backdrop for the text.

*Thanks for Reading
my eBook*

Thank you for reading this little eBook. I hope it helps you to reach your fitness goals a little faster. If so, drop a line to **mail@fitnessfortheworld.com** and let me know how it's going. I look forward to hearing from you.