

DEBUNKING WOMEN'S STRENGTH TRAINING MYTHS

MYTH

OLDER WOMEN SHOULD
AVOID STRENGTH TRAINING

FACT

AFTER WOMEN GO INTO
MENOPAUSE, THE RISK OF
OSTEOPENIA AND OSTEOPOROSIS
INCREASES. STRENGTH TRAINING
REDUCES THIS RISK!

STRENGTH TRAINING WILL
MAKE YOU LOOK "BULKY"

STRENGTH TRAINING INCREASE
LEAN MUSCLE MASS AND RAISES
METABOLISM, RESULTING IN
DEFINITION WITHOUT THE BULK

ALL FITNESS PLANS ARE A
ONE SIZE FITS ALL

EVERY BODY RESPONDS
DIFFERENTLY. TRY DIFFERENT
ROUTINES!

TO LOSE WEIGHT, FOCUS
ON CARDIO

STRENGTH TRAINING IS A MORE
EFFICIENT FORM OF WEIGHT LOSS
THAN THE SAME AMOUNT OF
CARDIO WORKOUT