



Which Comes First, Cardio or Weights?: Workout myths, Training truths, and Other Surprising Discoveries from the Science of Exercise

Alex Hutchinson

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There's plenty of conventional wisdom on health and fitness – but how much of it is scientifically sound? The truth is: less than you'd think.

In **Which Comes First, Cardio or Weights?**, physicist and award-winning journalist Alex Hutchinson tackles dozens of commonly held beliefs and looks at just what research science has – and has not – proven to be true:

Should I exercise when I'm sick? · Do I get the same workout from the elliptical machine that I get from running? · What role does my brain play in fatigue? · Will running ruin my knees? · To lose weight, is it better to eat less or exercise more? · How should I adapt my workout routine as I get older? · Does it matter what I'm thinking about when I train? · Will drinking coffee help or hinder my performance? · Should I have sex the night before a competition?

This myth-busting book covers the full spectrum of exercise science and offers the latest in research from around the globe, as well as helpful diagrams and plenty of practical tips on using proven science to improve fitness, reach weight loss goals, and achieve better competition results.

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