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# AIFA – Fitness Artificial Intelligence

LOGO

**Navigation**

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**<article id=**"mainArticle">

**<section id="art-one" class="fitnessBokk">**

**<article class=**"page1">

Arnold\_pic01

## Fitness Terminator

Mr. Olympia titles, Arnold Schwarzenegger was a promising young bodybuilder<span>

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Long before he governed the Golden State and outmuscled bad guys on the silver screen, even before he won a then-record seven Mr. Olympia titles, Arnold Schwarzenegger was a promising young bodybuilder who had one glaring weakness (seriously) -- his legs. At 6'2", Arnold knew firsthand the difficulty tall bodybuilders face in bringing up their lower bodies. Rather than accepting this shortcoming, however, Arnold endured the most grueling, even sickening, workouts up to three times a week to build massive tree-trunk thighs worthy of someone nicknamed The Oak.

While Arnold did conventional exercises, his training strategy was anything but. He approached leg days with an extraordinary tolerance for pain and dedication to push his body past its physical limits. While anyone can repeat the six exercises that make up his routine, few can duplicate his legs-into-Jell-O intensity. But we're guessing at least a few of you have the cojones to give it a try. That's why, for the first time ever, M&F is publishing the incredibly effective workout and training techniques that completely transformed Arnold'’s legs

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**<section id="art-two" class="fitnessBook">**

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errorExercise\_pic01

## Eleven Useless and Common Mistake Exercise

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<p>Workout without knowledge is not good for your health or your time.

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<p>If you are like of the most of people, working out is not exactly the best time of your day. So when do you take the time to work out, you want to make sure you are getting the most out of every move. The better the moves feel and the faster you see results, the more likely that you will start to enjoy your workouts. So here are the workouts you want to avoid if you don’t want to waste your time.</p>

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Image of crunch

<h3>

### Crunches</h3>

<p>These are exercises that pretty much no one enjoys anyway so it’s probably a good thing that they are not good for your workout. Crunches only work the front ab muscles and not the waist or the lower abs, therefore it could create a muscle imbalance which can lead to back problems. Settle for regular sits ups or even planks which work all the ab muscles.</p>

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Image of superman

<h3>

### Supermans</h3>

### <p>Trust me you do not want to be doing Supermans if you are trying to look like Superman. This exercise involves laying on your stomach and then raising the arms and legs. It is a very small range of motion and it is often done incorrectly which leads to lower back problems. There is also no way to make the move harder or adjust for skill level so it basically becomes useless quickly even if done correctly.</p>

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**Image of lying leg curl**

**<h3>**

### Lying Leg Curl</h3>

<p>Not only do most people look ridiculous doing it, the Lying Leg Curl is really not an exercise anyone needs to be doing. It forces your muscles to work in a way that they do not normally move. Just about any other leg exercise will be more effective at working your leg muscles because they do so in a way that your legs are meant to and it works the muscles you actually use.</p>

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**Image round back**

**<h3>**

### Round Back Deadlifts</h3>

<p>If you are just a casual exerciser or someone just looking to tone up you likely have not tried this exercise. If you have it’s either because you were misled about its effectiveness or you just saw someone else doing it and gave it a try. In reality it can very easily put too much strain on your shoulders and lead to severe injuries. If you really want to work your glutes (which what this exercise is for) then stick with squats or the leg press.</p>

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**Image of pull behind the head**

**<h3>**

### Lat Pull Down Behind the Head</h3>

<p>If you are looking at that machine with the hanging bar and think it’s a good idea to work your muscles by pulling the bar down behind your head…just don’t. While this may seem like a good exercise and the bulky guys at the gym look great doing it, most people do not have the shoulder flexibility to do this with proper form. That means you are likely to injure yourself doing an exercise that is nowhere near as efficient as a military press (which works the same muscles).</p>

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**Image of wrist curls**

**<h3>**

### Wrist Curls</h3>

<p>The purpose of this exercise is really not clear, although it may be intended to strengthen a person’s grip. It is important to remember that your wrist is a joint that you want to protect and not a muscle you want to strengthen. Therefore go with an exercise like the Farmer’s Walk if you want to improve grip. That way you won’t stress the wrist and you’ll work more of your body.</p>

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**Image os smith machine squats**

**<h3>**

### Smith Machine Squats</h3>

<p>This machine is just a disaster waiting to happen. The bar you use does not move from its straight path so it can force your back into a position it is not used to. Most people will also put themselves into a bad squat position when using the machine so it’s typically not effective and it can lead to injury.</p>

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**Image of dumbbell side bends**

**<article class=** "page9">

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**<h3>**

### Dumbell Loaded Side Bends</h3>

<p>This exercise gets added to the growing pile of exercises that don’t do what you think they will and you’ll probably get hurt doing them anyway. Even done properly this exercise puts too much compression on the spine as the soft tissues within the spine. Therefore you are at significant risk of rupturing a disc as you do this exercise.</p>

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**<article class=** "page10">

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**Image of Standing Chest**

**<h3>**

### Standing Chest Fly</h3>

<p>This exercise is meant to work your chest and it does if you do it laying down. However when you do it standing up gravity is pulling down on your arms. Therefore instead of working your chest, you are really working your shoulders. Even worse is that you are putting stress on your rotator cuffs which could lead to injury especially as you increase weight.</p>

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**Image of Vertical leg Press**

**<h3>**

### Vertical Leg Press</h3>

<p>This leg press does work your legs but it also puts a lot of pressure on your spine. This is just a back injury waiting to happen especially if you start getting into really high weights. If you want to work your legs and have less chance of injury, stick with weighted squats.</p>

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**<section id="art-three" class="fitnessBook">**

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healthbody.png

### <h3>5 Tips for a healthy body and six packs</h3>

Francine Marques Graduate in BA in Sport Science and Medicine talks about workout routine.

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## **Francine Marques Graduate in BA in Sport Science and pos-graduate in Medicine from USP – Universiversity of Sao Paulo** – talks about workout routine and demystifies the practice for a defined abdomen

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**<article class=** "page2">

<p>Many people dream of having a definite negative or abdomen. But the issue goes far beyond aesthetics: a six pack abdomen is also synonymous with health. This is because the increase in waist circumference is an important risk factor for heart disease, which kills more than 17 million people every year worldwide.</p>  
  
  
<p>The Albert Einstein Hospital developed a calculator abdominal obesity, which helps you figure out if it is within the measures considered normal, according to their gender and ethnicity.</p>  
  
<p>To get in shape for health, no matter if you have a waist advantaged or lack little to the dream abdomen negative, what matters is discipline, routine and effective exercises.</p>  
  
<p>Remember that doing 500 crunches a day to get a negative abdomen is myth. The truth is that we all have the muscles of the abdomen well formed, are only covered by a layer of fat and water.</p>

<h4>For those reason mention above the Sport Science College FEF in Brazil prepare 5 good tips for getting a defined abdominal with healthful </h4>

**<article class=** "page3">

<h3>

### Cardio Exercises</h3>

<p>Do aerobic exercises (walking, running, biking and swimming) to burn fat and lose weight;</p>

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**<article class=** "page4">

<h3>

### Abs for posture</h3>

<p>Perform abdominal exercises that help the muscles to get stronger and improve posture;</p>

<h3>

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<h3>

### Don’t exceed your abs training</h3>

<p>For those already does fitness with good physical conditioning, make abdominal weight and low reps, up to three times per week on alternate days;</p>

<video>

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**<article class=** "page5">

<h3>

### Lack of exercise</h3>

<p>Poor posture and the absence of abdominal muscles cause sagging, favoring the accumulation of belly fat. In the case of lordosis (excessive lumbar curvature), the belly juts forward, making it quite obvious;</p>

**<article class=** "page6"

<h3>

### Avoid meals deals</h3>

<p>The perfect abdominal begins on the plate, avoid sweets, sodas and foods that cause bloating abdominal. Has determination and you will reach your goal and still save your heart from future problems.</p>

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**<section id="art-four" class="fitnessBook">**

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Myth.png

## <h3>Myth and truth about bodybuilding and Women </h3>

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### <h3>Bodybuilding and Women</h3>

<p>One of the main hormones responsible for increasing muscle mass is testosterone, present in both men and women. The difference is that in males, the body produces this substance in larger quantities.</p>  
  
<p>Thus, it is impossible for a woman to gain huge muscles by lifting light weight. Those who practice bodybuilding frequently and have a good diet, will have a toned and defined but not masculine body. In professional bodybuilders, other substances are used to achieve a strong body and many muscles.</p>  
  
<p>It is also worth remembering that muscle and fat tissues are different, so it is not possible to transform one into the other. What happens is the decrease in fat by increasing metabolism, a result of the gain in muscle mass combined with cardio training and a balanced diet.</p>  
  
<p>Some women believe that if they stop training their muscles will be transformed into fat. This is another myth. What happens is decreased due to lack of muscle stimulation and fat gain because of inactivity, and generally leaving the diet. Then:  
  
Sedentary lifestyle + bad food = fat gain</p>  
  
<p>Unfortunately it is normal to hear that women train to be able to eat whatever they want. Very careful with it! Not because you train you can eat everything and in great quantity.</p>  
  
<p>The math is simple: If you eat more calories than you can burn, just fatter. So it is interesting to seek a professional in the area of food and through a balanced diet, getting to the negative balance of calories to positive results.</p>  
  
<p>Try combining aerobic and strength training. You may even lose weight just by doing aerobic exercises, however besides losing fat, lose muscle mass as well. In addition to combining the two exercises, you have a sharp burning fat and is still with the firm muscles and minimizes injuries. If you want to train or trains, always look for a professional physical education.</p>

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# Women And Weights: 8 Myths Debunked!

Don't let bad information scare you away from training the way you want! Learn the real story behind these eight female fitness training myths.

[Email](http://api.addthis.com/oexchange/0.8/forward/email/offer?url=http://www.bodybuilding.com/fun/women-and-weights-8-myths-debunked.html) [More](http://www.bodybuilding.com/)

by [Cassie Smith](http://www.bodybuilding.com/fun/cassie-smith.html)   
Last updated: Jul 18, 2013

For women, the jump into the world of fitness can be a little terrifying. Opinions on ladies and lifting are often inaccurate and stuck in the 1950s ideal. As a result of these myths and unsubstantiated claims, it's difficult for many women to know how or where to begin.

You've probably seen at least one of the following lady fitness myths floating around the Internet, courtesy of some self-proclaimed "expert." It's time to put an end to the questions marks and the nervous glances around the gym.

Myth 1 /// Women Shouldn't Train Like Men

**TRUTH:** Women should train however they want.

I'm not exactly sure what "training like a man" even means. Are deadlifts inherently masculine? I don't think I've ever seen a sign that says "Lady squatters ye be warned." It's true that *some* women shouldn't train like men, but that's not because they aren't capable or are unworthy. It's simply because the "manlifts" they might be doing may not match their fitness goals.

Whatever goal a woman might have for fitness should be supported by her training program. If her goals include a stronger bench press or bigger biceps, then there's no reason she can't support those goals with actual lifts.



By that same token, if a woman's primary goal is fat loss, she may not want to spend too much time trying to find her clean 1RM. A woman can train however she wants, although she should make sure that training matches her goals.

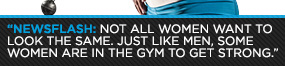
Myth 2 /// All Women Are in the Gym to Lose Weight

**TRUTH:** Not all women have the same goals.

Newsflash: Not all women want to look the same. Just like men, some women are in the gym to get strong. Some want to get ripped, some want to improve athleticism, and some want better health. That's the great thing about fitness—it's personal.

That's why it's so important to do research—so you're confident in the type of training you do. If your best friend is trying lean down while you're training for a powerlifting competition, you're probably not going to work out with her. That's a-okay.

Myth 3 /// Women Need Special Protein Powder

http://www.bodybuilding.com/fun/images/2013/8-lady-fitness-myths-2_04.jpg

**TRUTH:** Protein is protein

Want to know how to market a product to women? Slap a pink label on it and make sure the word "lite" is written in cursive. In actuality, when it comes to [protein powder](http://www.bodybuilding.com/store/protein-powder.html), men and woman can both scoop from the same tub. There aren't any man-only ingredients in protein powder, so there's no reason to fear randomly sprouting chest hair.

Each protein brand and type has specific amounts of protein, calories, carbs, and fat. Depending on your goals, you can find a type of protein powder that fits your nutrition protocol. If you're trying a low-carb diet, you can easily find low-carb protein powder.

If you're allergic to dairy products, then look for a non-dairy protein powder. A protein's ingredients and macronutrient profile—not its label—should inform your decision to buy it.

Myth 4 /// Olympic Lifting Is Dangerous

**TRUTH:** Just like anything, Olympic lifts *can* be dangerous.

Whenever I suggest that women add Olympic lifts to their training program, I'm usually hit with a resounding, "No way, that's too dangerous!" Yes, you can hurt yourself if you load the bar too heavy and try to lift without proper technique. The same can be said about doing biceps curls.

No matter your level, it's fun to try new things and add to your knowledge base. Now, I'm not saying load the bar with plates and go for it, but if you are interested in trying a [snatch](javascript:pop('snatch')) or a [clean](javascript:pop('clean')), pick up a broomstick or PVC pipe and try it. If it seems like something you'd like to get better at, find a coach or ask someone more experienced for help. You might surprise yourself.

Myth 5 /// Lifting Makes Women Look Masculine

**TRUTH:** Lifting builds muscle and burns fat.

Countless studies have shown that women who do resistance training are stronger, leaner, and healthier than women who do not. What that resistance training does to your physique is completely up to you and your DNA.

Even in the world of fitness, female physiques range from the brawny, like [Dana Linn Bailey](http://bodyspace.bodybuilding.com/danalinnbailey/); to the athletic, like Camille Leblanc-Bazinet; to the slender, like [India Paulino](http://contest.bodybuilding.com/bio/260882/). Each of these women uses resistance training to sculpt a desired body.



The differences in their physiques come from genetics, how they eat, and the movements, volume, intensity, and load they use in their programming. Just like these women, you need a training regimen that reflects how you want to perform and what you want to look like.

Myth 6 /// Women Shouldn't Take Creatine

**TRUTH:** Your body makes creatine naturally.

To people who aren't familiar with the body's natural chemical processes, [creatine](http://www.bodybuilding.com/store/creatine.html) might seem like a scary ingredient only used by giant bodybuilders. The reality is that creatine is an important part of how your body makes and uses energy. It's the primary fuel source for short-term, high-intensity exercise.

Your body already makes it, but if you're doing fairly rigorous resistance training multiple times per week, you may not be getting enough. Studies have found that creatine supplementation, even in women, can help build and maintain lean muscle mass and increase the performance of those muscles.1-3 The only substantiated side effect is very small weight gain, which occurs because muscles are able to hold more water and are therefore more voluminous.

Myth 7 /// The Treadmill Is All a Lady Needs



**TRUTH:** Ladies should be lifting, too.

Even if you want to be a competitive runner, studies have shown that resistance training helps increase your aerobic performance.4 Cardiovascular training absolutely has its place, but it's not the only path toward fitness.

In fact, constant running doesn't help build strength or help you find that balanced physique. Moreover, multiple studies have found that consistent endurance training may not be the best method for fat loss.5-6

Although it's completely understandable to feel embarrassed or intimidated in the pit of racks and barbells, sticking to that same old treadmill or elliptical may not be helping you get the results you want.

Add some resistance training to your regimen. By building more lean muscle, you'll burn more calories and get leaner faster.

Myth 8 /// Being Lean Is the End All Be All of Fitness

**TRUTH:** Leanness works differently in each woman.

I think Molly Galbraith nailed this subject in this [blog post](http://mollygalbraith.com/2013/07/is-being-really-lean-really-worth-it/). Not every woman reacts to being lean the same way. For a lot of women, being hyper lean has extreme hormonal effects on the body. Even professional appearance athletes don't stay lean all year. They usually lean out a few weeks prior to an event and then peak right before they hit the stage.

If you want to see your abs, try to get there. But remember, every person is different. What takes your friend six weeks to achieve may take you a year. You might look shredded but feel tired, weak, and skinny. Be honest with yourself about your goals. Honesty is a great step toward training and eating effectively.

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**Aside**

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**Section most popular exercise**

## MOST POPULAR