

# Top Fat-Loss & Strength Training Myths -- *Busted!*

Are You Making These Common Mistakes & Sabotaging Your Workout Efforts?



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## About The Author

Shin Ohtake is widely recognized for his expertise in strength-training and weight-loss. He is the author of the [MAX Workouts eBook](#) and creator of the MAX Workouts fitness program.

With 20 years combined experience as a competitive athlete, coach, chiropractic soft-tissue therapist, and trainer, Shin formulated the scientifically proven fitness program, MAX Workouts, to help anyone burn more fat and build more muscle. This hugely popular program took the internet by storm when he made it available as an eBook.

Shin's extensive educational background in biochemistry, chiropractic medicine, and athletic training has long made him the "go to" source for personal trainers and coaches seeking advice. Whether it's to lose fat, build muscle, or increase performance, Shin has been helping men and women at all different fitness levels transform their bodies and achieve their fitness goals.

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### CONTACTING SHIN

To get in touch, please visit the [homepage](#) and click the "Contact" link.

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# Introduction

Thanks for downloading the "Top Fat-Loss & Strength Training Myths -- Busted" free eReport. You've taken the first step toward a healthier, stronger you. Feel free to email this eReport to your friends and family and anyone else who you think might benefit from this information.

When it comes to working out, many people make the same mistakes over and over again. As a fitness professional, I see it all the time at the gym and it drives me crazy! I just don't like seeing people waste their time and make unnecessary mistakes. But it's all too common. That's why I decided to write this report and share the truth. Inside, you'll find out if you're making any of these common mistakes -- and learn what you can do about it.

What you won't find is a bunch of rehashed, old information in this eReport. There are so many people on the internet trying to sell you something -- often times it's old diet and exercise information from the 1980's. As an over educated fitness professional and coach that has worked with people from all walks of life , I am highly qualified and truly committed to providing you with the most up to date, research-proven fitness information.

# Myth-busting

## Debunking The Top Fat-Loss & Strength-Training Myths

Let the myth-busting begin! The following myths are some of the most common misunderstandings people have about strength-training. Unfortunately, many of these myths have been floating around for *decades*. Do any of these look familiar to you?

### **MYTH #1 : To get 6-pack abs you need to do crunches**

I'm going to be frank here...ab crunches are the biggest waste of time. In fact according a world renowned back specialists (Dr. McGill), crunches can be quite damaging to your low back. So not only are you doing useless exercises for your abs when you do crunches, but you're ruining your back at the same time! Yes, you need to strengthen your midsection (core) to get toned abs and you can do this with *functional* exercises that involve the 6 primary movements: push, pull, squat, deadlift, rotation and one legged movements. However, the biggest factor in getting abs is fat loss. Lose the flab and you'll see the abs.

One example of a great functional exercise that engages your core muscles and strengthens your abs is the overhead squat. It requires you to fully engage your abs in order to support the weight over your head while performing a squat. Doing this and other functional movements is the key to strong abs.

To actually see your abs, you've got to eat properly and workout the *right* way. Lowering your body fat percentage is the real secret to making your wash-board stomach visible. A mix of circuit training, strength training, and interval training will skyrocket your metabolism, burning away unwanted fat.

## **MYTH #2 : Light weights and high reps tone muscles**

Let's face it...low weight, high volume training doesn't require a lot of energy. In fact, this method requires so little energy that you end up only stimulating the smallest of your muscle fibers. Simply put, your muscles won't change shape nor will you burn as many calories as you would with heavier weights. In order for you to change the shape of your muscles, you need to stimulate as much muscle fiber as possible.

To get maximum results, lift more weight while performing compound (multi-joint) exercises instead of isolated exercises (I'll get in to that in a minute). The more muscle fiber you stimulate, the more energy is required. The result? More calories burned! That means no more tricep kick backs in front of the mirror! Instead, try dips or push presses. The more muscles you involve during the exercise, the better. If you want your muscles to change shape and lose more fat, lift heavier while performing *compound* exercises.

**Note:** "Heavier Weights" means choosing a weight that is challenging for you. You should not choose a load that you cannot safely lift. Progress safely at your own pace.

### **MYTH #3 : Strength training makes women get “big”**

This belief is just plain ridiculous. We can thank bodybuilding magazines for this huge misconception. A woman's body chemistry is completely different than her male counterparts'. Women don't naturally produce enough testosterone to get “big”. All of my female clients train with heavier weights and none of them has ever come remotely close to looking like a muscle-clad bodybuilder.

When women lift heavier weights, the result is sexy muscle tone and more fat-loss. This myth goes hand-in-hand with myth #2. So ladies, don't be afraid to step it up. In fact, if you don't, you're **not** going to see optimum results.

### **MYTH #4 : You should never squat past 90 degrees**

Wrong! Studies have shown that going past 90 degrees at the knee in a squat position is actually *less* stressful on your knees than stopping at 90 degrees. The ideal squat is going down until the top of the thigh comes parallel (or below parallel) to the floor. In fact, the deeper you go the more you'll stimulate your gluteal muscles.

Next time you do squats (if you're not doing them, you need to start), try going past 90 degrees. As you squat down, push your butt back keeping your chest upright and your lower back straight. This will allow you to go further down. Toward the bottom of the squat you will notice your butt starting to tilt or tuck

under. Stop just before that point. It's helpful to have a friend watch you from the side.

**Helpful Hint:** If your knees start to cave in as you squat deeper, it often times means your gluteal (butt) muscles aren't strong yet. Prevent your knees from caving in by focusing on your feet. Pretend that you're standing on a towel. Your feet should be about shoulder width apart and in "natural" position, which for most of us is feet slightly flared out (around 20 - 30 degrees). Imagine you're pulling the towel apart with your feet while you squat. This will automatically distribute your weight on the outsides of your feet and will prevent your knees from caving in.

### **MYTH #5 : Machines are safe to perform exercises**

Although most machines are meant to prevent injuries from occurring, they can actually *cause* more injuries. Machines severely restrict your range of motion, causing you to deviate from your natural bodily movements. Because each of us is built differently, we have distinct, natural movement patterns that just can't be mimicked by a machine. In fact, altering your natural movements can cause unnecessary strain on your joints and muscles, increasing your risk of injury.

A much better alternative is to use free weights (including dumbbells, kettlebells, and barbells). Free weights do not limit your range of motion during an exercise. Instead, they allow your body to go through it's natural movement patterns. Free weights also enable you to perform full body, functional exercises that are much more beneficial and effective.

## **MYTH #6 : You should wear a lifting belt when going heavy**

It might make you feel more stable and strong to strap on that cowhide lifting belt, but the truth is that your body has it's own lifting belt...your core. Relying on the weight belt for support doesn't allow your core to be properly stimulated, essentially causing it to weaken. By using your body's own support system you'll engage your core muscles - strengthening and toning your entire midsection.

It's crucial to have a strong core when performing any exercise or workout routine. In addition, you'll reap the benefits outside the gym since you'll be able to perform better in your extracurricular activities and sports. Having a strong midsection will also help prevent injuries often caused by simple movements, like picking up boxes off the floor. So get rid of the belt and start lifting properly to strengthen your core and enhance your body's own stabilization system.

## **Myth #7 : Slow, long cardio is the best way to burn fat & calories**

This has got to be the biggest myth of all. I see men and women on the cardio machines for what seems like eternity. The fact is that slow to moderate cardio is a waste of time. If you watch T.V. or have conversations with the person next to you during your cardio session, you're not working hard enough and you're most certainly not optimizing your fat-loss. You may be burning calories while you're doing the cardio, but it stops there. Did you know there's a better way and you can actually burn fat and calories long after your workout is over - even while you sleep?



Shorter, higher-intensity interval cardio will get you maximum results. It's been scientifically proven that shorter, more intense bursts of energy can burn fat and calories for up to 48 hours after the workout. The scientific term for this is called EPOC (Excessive Post-Exercise Oxygen Consumption). It's used to measure your body's rate of oxygen intake following a high-intensity activity. The higher the intensity of the activity, the more oxygen and energy are needed to restore your body. As a result, you continue to burn calories long after your workout is over.

### **Myth #8 : Bodybuilding is a good way to build strength and power**

Let's lay this controversy to rest right here and now. Bodybuilding is a sport. It takes precise strict nutrition, a lot of supplementation (some not so legal), and lots of time and effort spent weightlifting. Bodybuilders dedicate their entire life around their sport. So when you read their "best biceps" workout in a bodybuilding magazine, you're only getting an inkling of their entire lifestyle that revolves around building more and more muscles for SHOW!

Bodybuilders build muscle for cosmetic purposes. They could care less about strength, power, and function -- as long as it builds them bigger muscles. People have the misconception that bigger is stronger and more powerful. Have you seen some of the lightweight powerlifters and olympic weightlifters? Strength is when you see an athlete lift twice their bodyweight over their head. Power is when you see a firefighter fully geared running up and down the stairs 10 times carrying a 100 pound hose without stopping.

The most efficient way to get strong, lean muscles that provide high functional strength and **power** while trimming tons of body fat is through a combination of high intensity interval training, circuit training, and strength training.

### **Myth #9 : “Split Body” training is the most effective way to workout**

You know, training legs today, arms tomorrow, etc... This training method was made popular by the bodybuilders and is still very popular. But again, it's not the most effective way to increase strength or power while gaining lean muscle and burning away fat.

Full body exercises are much more efficient and effective. You get way more “bang for your buck”. Remember, the more muscles you can stimulate the better. If I had to pick just one functional exercise, I would have to say my top pick would be the clean to squat press-up. This exercise incorporates pulling, pushing, and squatting motions all in one exercise. It engages the entire body including the core muscles. This is a great example of an all-around full body, *functional* exercise for both men and women.

### **Myth #10 : Strength training is dangerous**

People have become so hyper-sensitive about injuries and are constantly bombarded with the latest fitness toys (think stability balls, core boards, etc..) that their workouts look more like physical therapy than training sessions. Physical therapy has its place, but it has nothing to do with gaining strength and burning fat. With proper instruction, anyone can learn to safely strength train. In fact,

proper strength training will help *prevent* injuries by making your body stronger - enabling you to better perform any daily or sporting activities.

The key to learning strength training is to pay special attention to form. I see too many people in the gym that have been “workout out for years” doing exercises with horrible, I mean *horrible*, form. Not only can bad form increase your risk of injury, you simply won’t be maximizing the benefits of the exercise. However, bad form and injury don’t have to happen to anyone.

By getting your hands on the right information you can avoid injury while maximizing your strength potential. So don’t get too caught up by fitness trends and hyped up products. When you learn the fundamentals of proper strength training, you’ll gain all the benefits - that is more muscle definition, more fat burning, and injury prevention.

## **How You Can Start Working Out Smarter To Get Lean & Fit *Faster***

MAX Workouts is a 90-day no-nonsense fitness program designed to sculpt and lean out your body *fast*. Using high-intensity strength and cardio training combined with the most effective full-body exercises (the only ones that matter!), you’ll burn 3 times as much fat & calories in *less than half* the time of a “normal” workout. Here’s what MAX Workouts will help you overcome:

- **Fitness Plateaus:** Tired of slaving over the cardio machines, doing weight training, eating right and wondering why you’re *still* not getting any better results? The MAX Workouts 12-week “plateau proof” training schedule plans all your workouts for you so you know exactly which workout to do on which day and how you should

progress -- *guaranteeing* you'll stay off the dreaded plateau. You'll also learn with step-by-step photos how to perform each exercise with proper form so you can safely turn up the intensity of your workouts, getting you visible, measurable results *fast*.

- **Time-Consuming, Ineffective Workouts:** Spending hours in the gym doing the same workouts routines gets old *quick*. Not to mention, it's a recipe for overuse injuries and won't get you any better results. If you're going to take time out of your schedule to workout, then you *don't* want to waste it by doing the *wrong* things. MAX Workouts cuts your workout time in half by focusing on only the most results-producing exercises performed in *scientifically proven* workout formats that exponentially speed up fat-loss *and* increase your strength and endurance.
- **No Fancy Gym Machines Required.** Gym's typically use their overpriced fancy machines as a selling point to get you to join. They want you to use and like them so that your monthly membership continues to help pay them off. But in reality, the most basic equipment not only gets the job done -- it does it *better*. MAX Workouts is big on results and minimal on equipment. Whether you belong to a gym, workout at home or in your garage, if you have access to dumbbells, a barbell (recommended but not required), and a chin-up bar -- then you're ready to join thousands of others and get started sculpting and reshaping your body *today*.

The key to your success is to do the *right* exercises in the *right* format, for the *right* amount of time. However, with all the *misinformation* in fitness magazines, on T.V., the internet, and so-called "experts", it's no wonder why most people are still struggling to get the results they've been working so hard to get and *deserve*. MAX Workouts provides you with all the tools, information, exercises, and workouts that you need succeed.

**To learn more about how MAX Workouts can help you achieve your fitness goals or to get started today, visit: [www.MaxWorkouts.com](http://www.MaxWorkouts.com).**

## **What Others are saying...**

"MAX Workouts is interval training at it's absolute best. The workouts are fast and *intense*. You can't possibly get bored with this program...and you *will* get in phenomenal shape" -- Erin Silva

"I've been a fitness professional for years and your no-nonsense, cut the "fluff" approach is *exactly* what I was looking for. My only regret is not finding it *sooner!* I love your program and so do my clients. Thank you for sharing your knowledge with the rest of us." -- James Brook

"I can't believe how the MAX Workouts program has changed my daily life. I've transformed my body and actually cut my workout times by more than half. It's nothing short of amazing" -- Joe Susu

"Max Workouts is the best fitness program available today. So many people still think that long cardio or slower-paced weight lifting is the answer. It's not. Shin's program is based on science -- and that's why it works." -- Ron Edwards

"I have to admit, I was skeptical at first because the workouts seemed so short...but MAX Workouts completely changed the way I view fitness. I've never been in better shape -- even in my prime." -- Jay Walt

"I work in the office a lot, which means I'm sitting at a desk pretty much all day. I work long hours, so I don't have a lot of extra time for working out. I thought I'd give the MAX Workouts program a try and that has turned out to be one of the best decisions I've ever made. I'm always telling people about your program. Fantastic!" -- Rich Evans

"The information and workouts in this book are awesome. I don't have think about a thing when I go to the gym. I just look at the workout schedule and see what I'm doing today. It's a real time-saver. Thanks so much." -- Brian Kenning

"MAX Workouts showed me exactly how to do each exercise. I really needed the extra instruction and Shin's book really delivers. It was like having him right there with me, telling me what to do." -- Jamie Serion

"Shin, thanks for making your program available as an eBook. I can honestly say that this is the best training program I've EVER tried. I've literally had trainers come up to me at the gym and ask me about what I'm doing." -- Shelly Moore

**To learn more about how MAX Workouts can help you achieve your fitness goals or to get started today, visit: [www.MaxWorkouts.com](http://www.MaxWorkouts.com)**

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