

# Mujeres no deberían de entrenar con pesas...

Escrito por Carlos Barbon

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## Mujeres no deberían de entrenar con pesas...

A female's body is not designed to be as strong as a male's, so it's not surprising that she has a harder time lifting heavy weights. This is because of the way her body is built, and it's not because she's weak. In fact, she's just not built for it. She's built to be a mother, not a warrior. So if you're a woman who wants to get in shape, you should focus on cardio and strength training, not heavy lifting. And if you're a man who wants to get in shape, you should focus on heavy lifting, not cardio and strength training.

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