

## **HEARTS VS. WEIGHTS: THE POUND FOR POUND COMPARISON**

### **Overall Muscle Growth**

Cardio: Lean, toned muscle

Weight: Large, mass-built muscle

### **Main Benefits**

Cardio: Increased strength and efficiency of heart, lungs and blood vessels

Weight: Increased muscle mass as well as protection of skeletal system, joints and organs from injury

### **Type of Workout**

Cardio: Increased heart rate

Weight: Resistance workouts straining muscles

### **Reaping Benefits**

Cardio: Increase the heart rate for 20-30 minutes 3-4 times a week

Weight: 8-12 repetitions of 8-10 exercises that incorporate major muscle groups at least twice a week

### **The Bottom Line**

Undertaking any new workout plan requires that you be both careful and responsible. Listen to your body and exercise the way you think you should.