



Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise

Alex Hutchinson

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In *Which Comes First, Cardio or Weights?* Alex Hutchinson, a physicist, award-winning journalist, and contributing editor of *Popular Mechanics* magazine, reveals the little-known and often surprising truths that science has uncovered about exercise. A book that ranges from cardio and weights to competition and weight loss, here are fascinating facts and practical tips for fitness buffs, competitive athletes, and popular science fans alike.

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