

Get Fit & Firm with Strength Training

The top 5 reasons to lift weights and have the physique you want

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1. Gaining muscle through weight training helps drive your metabolism and keeps you burning calories for up to 36 hours after an intense weights session. 36 hours is a pretty significant timeframe for metabolism to be elevated. If you trained for an hour at 9AM on Monday morning, you're still burning more calories (without training) at midnight on Tuesday. This is compared to 1-2 hours of calories burnt after a cardio only workout.

2. Increasing muscle strength makes aerobic exercise more enjoyable. Aerobic exercise is difficult to engage when the muscles are weak. Strengthen muscles through resistance training helps to increase the endurance of aerobic exercise, therefore burning more energy.

3. Increasing muscle through weight training is one of the main factors in improving one's Resting Metabolic Rate (RMR), or calories burnt at rest. Your resting metabolic rate is responsible for 60-70% of calories burnt each day.

4. Cardio alone will do little to improve one's RMR.

A study was done to compare the RMR's of Tri-athletes and sedentary couch potatoes. They found that the tri-athletes RMR, was no different to that of a sedentary person, due to the lack of muscle and extreme amounts of cardio-vascular activity performed, which led to muscle atrophy.

5. Overweight subjects were assigned to three groups: diet-only, diet plus aerobics, diet plus aerobics plus weights. The diet group lost 14.6 pounds of fat in 12 weeks. The aerobic group lost only one more pound (15.6 pounds) than the diet group (training was three times a week starting at 30 minutes and progressing to 50 minutes over the 12 weeks).

The weight-training group lost 21.1 pounds of fat. (44% and 35% more than diet and aerobic only groups respectively).

Basically, the addition of aerobic only training didn't result in any *real world* significant fat loss.

However, the addition of resistance training greatly accelerated fat loss results over the 12 weeks.