

# Top Reasons NOT to Do “Aerobic” Training

By Brian Copeland, RKC

## Why do people do “aerobic” training?

1. Loose body fat
2. Build a healthy heart
3. Get toned and in-shape

When I speak of aerobic training I’m specifically speaking of those low intensity, hour-long aerobic classes, stair climbers, elliptical machines, etc.

Let’s expel the myths of what aerobic training does for you and how you can more effectively achieve the goals above.

## Why “Aerobics” Is Not a Great Way to Loose Body Fat:

Fat is stored energy tissue; the body keeps it around for the same reason a bomb shelter keeps extra non-perishable foods; just in case you need it in time of emergency. Muscle on the other hand is active metabolism raising tissue; it takes calories to maintain it. What does this mean to you? The more muscle you have, the more calories your body will burn, all day long, even when you rest.

Any long, slow distance, low intensity exercise that is ‘aerobic’ in nature does nothing to build any fat-burning muscle tissue, even worse, it often times burns up muscle which lowers your metabolism and invites fat to be stored. Aerobic exercise means it does not challenge the muscles but just the heart and lungs.

Intense interval training that consists of activities that challenge the body’s muscles with little rest will build muscle, burn fat and build a healthy heart and lungs. Plus since the body’s muscles were used intensely your body’s metabolism will stay higher and more active for hours after the training session, which will continue burning fat long after your workout.

## Why “Aerobics” Is Not a Great Way to Build a Healthy Heart:

Look at the body of a marathon runner; now compare it to the body of a sprinter. Marathon runners tend to be very lean but also have little to no muscle tone in addition to other health problems we won’t go into. Sprinters however tend to be very lean and tone if not downright muscular. Why? It is how they train. Marathon runners do a low intensity exercise for hours on end and do nothing to challenge their muscular strength (aerobic activity). Sprinters run a short distance as fast as they can, rest, do it a few more times and then go home. This challenges the muscles of the body as well as the cardio systems, which builds muscle, burns fat and tones muscle.

What does this have to do with the heart you ask?

The heart is muscle too... Scientists have actually studied the hearts of different types of athletes and here is what they found: strength athletes such as power lifters have large strong hearts while marathon runners have smaller weaker hearts. As Doctor Al Sears from the The Center for Health and Wellness in south Florida says, people die from heart attacks from a sudden intense shock to the heart. You need a heart that is strong enough to take a sudden intense shock, a large strong heart build by intense activity.

Now marathon running and power lifting are on opposite ends of the spectrum and probably are not what any you are interested in... maybe? But the lessons we learn from this can be applied to the way we workout and train our bodies. We should not do low intensity for prolonged periods of time, we should do more intense activities for shorter periods of time with brief rest periods.

## Why “Aerobics” Is Not a Great Way to Get Toned and In-Shape:

Did you read the two sections above? Skeletal muscle equals tone. Guys of course can carry more muscle and look good where most women prefer not to look like a bodybuilder. Well, I've said it before; ladies you won't build too much muscle and look all buff and bulky unless you take steroids or just plain eat way too much food!

Bottom line, doing aerobic exercise for long periods of time is inefficient at burning fat, it does not build muscle and if taken to far can burn muscle. Strength training and intense cardio exercise that works the muscles can build muscle, burn body fat and build a healthy heart and lungs all a the same time. Heck, chose the right exercises and it can heal a bad back or prevent one, increase flexibility, decrease pain in joints, prevent osteoporosis and correct spinal alignment and posture.

### Summary:

- Aerobic exercise does not build muscle, it can even burn it away
- Aerobic exercise can burn heart muscle as well as skeletal muscle, not very good for a healthy heart!
- Aerobic exercise will not make you toned as it does not challenge your muscles to become stronger
- Training your muscles accomplishes all of your goals at the same time

I've said it before and I'll say it again, “Train like an athlete, not a hamster!” Avoid the hamster wheels and get on board with functional fitness you can use.

## ***Summer is right around the corner, do you know where your six-pack is?***

If you are ready to make real progress, contact me for some personal program designs, 1-on-1 or group training. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period.

What do you have to loose except some unwanted body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

Visit me today at [www.bccorefitness.com](http://www.bccorefitness.com)