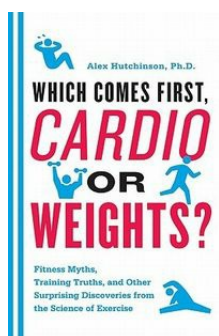# WHICH COMES FIRST, CARDIO OR WEIGHTS?: FITNESS MYTHS, TRAINING TRUTHS, AND OTHER SURPRISING DISCOVERIES FROM THE SCIENCE OF EXERCISE

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...

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An excellent summary of everything exercise (and much of nutrition) related. Highly recommended to everyone starting an exercise regime, and even to those who exercise for a long time.