

## Unfortunate truths:

~ *by Mark Rippetoe*

- Your muscles cannot get “longer” without some rather radical orthopedic surgery.
- Muscles don’t get leaner—you do.
- There is no such thing as “firming and toning.” There is only stronger and weaker.
- The vast majority of women cannot get large, masculine muscles from barbell training. If it were that easy, everyone would have them.
- Women who do look like men have taken some rather drastic steps in that direction that have little to do with their exercise program.
- Women who claim to be afraid to train hard because they “always bulk up too much” are often already pretty bulky, or “skinny fat” (thin but weak and deconditioned) and have found another excuse to continue life sitting on their butts.
- Only people willing to work to the point of discomfort on a regular basis using effective means to produce that discomfort will actually look like they have been other-than-comfortable most of the time.
- Spot reduction—the idea that somehow fat soaks out of your adipose tissue and straight into the muscles you’re working right now, or the equally weird idea that fat is loosened in a specific place by some device or a certain aspect of an exercise, travels straight to the kidneys, and is then “flushed out,” despite the fact that no one’s ever seen any floating in the place it supposedly gets flushed into—is as integral to weight-loss popular culture as Richard Simmons.
- You can thank the muscle magazines for these persistent misconceptions, along with the natural tendency of all normal humans to seek reasons to avoid hard physical exertion.
- So put down your Muscle and Fiction, do your squats, drink your milk, and pay better attention to the answers when you ask the questions.