

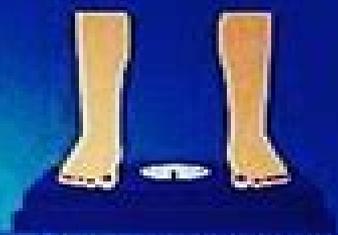
# THE TOP 10 EXERCISE MYTHS YOU SHOULD STOP BELIEVING



CARDIO MACHINE IS COUNTING THE CALORIES YOU'RE BURNING



HEART RATES WILL MONITOR HOW HARD YOU'RE WORKING



SCALE MEASURES MUSCLE



YOU CAN SPOT REDUCE FOR TIGHT MUSCLES



@THESQUATCHALLENGE



YOU CAN EAT WHATEVER YOU WANT AS LONG AS YOU WORKOUT

LOW INTENSITY EXERCISE BURNS MORE FAT



ONLY PROTEIN SHAKE HELPS YOU LOSE WEIGHT



CARDIO IS THE ONLY WAY TO LOSE WEIGHT



WORKING OUT IN AN EMPTY STOMACH HELPS TO BURN FAT



DRINKING ICE COLD WATER BURNS FAT



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# The Exercise Myth

**Thomas Griffiths**



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