

Cardio vs Lifting Weights: End Game

Aap me se jo bhi apni fitness journey just start kar raha hai uske samne yeh confusion toh zaroor hogi

Weight loose karne ke liye kya- Cardio ya Lifting weights?

Let's end this conversation here aur answer karte ha is burning question ka.

Dekho cardio se weightlifting ke comparison me zyada calories burn hoti hai yeh baat sach hai

Lekin in calories ke burn hone se aapko koi fayada ho is baat ka dhyaan aapko rakhna padega ki yeh weight loss aapke fat loss se hi aa raha ho na ki muscle loss se

And here's where weightlifting comes into play!

Weightlifting se aap apni muscles ko strong karte hai jisse aapki muscles build ho aur yeh ensure kare ki jo weight aap loose kar rahe h woh fat se hi ho raha ha kisi aur cheez se nahi

Yehi nahi, weightlifting se aapki bone density increase hoti hai, mood regulated phase ma rehta hai, limited appetite hoti hai aur sex hormonal profiles me bhi benefit hota hai

In short, better body composition!

Ye rahi body banane ke perspective se.

Janna chahoge dono ka sports performance perspective se dekhe toh kya importance hai?

Let me know in the comments.

I'll cover it in the next reel!