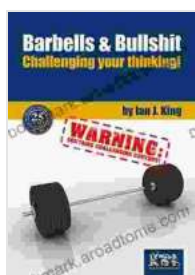


Barbells and Bullshit: Challenging Your Thinking

In his book *Barbells and Bullshit*, Josh Hillis challenges conventional wisdom about fitness, nutrition, and training. He argues that the fitness industry is full of misinformation and pseudoscience, and that most people are wasting their time and money on ineffective workout programs and diets.



Barbells and Bullshit: Challenging your thinking!

by Ian King

★★★★★ 5 out of 5

Language : English

File size : 5001 KB

Screen Reader : Supported

Print length : 118 pages

Lending : Enabled



Hillis's book is a refreshing and honest look at the fitness industry. He debunks common fitness myths, such as the idea that you need to lift heavy weights to get in shape, and that you should eat six small meals per day to lose weight. He also provides evidence-based advice on how to get the most out of your workouts and nutrition.

If you're looking for a book that will challenge your thinking about fitness, then *Barbells and Bullshit* is a must-read. Hillis's book will help you cut through the noise and get to the truth about what it takes to get in shape.

Key Ideas from Barbells and Bullshit

Here are some of the key ideas from Barbells and Bullshit:

- **The fitness industry is full of misinformation and pseudoscience.** Most people are wasting their time and money on ineffective workout programs and diets.
- **You don't need to lift heavy weights to get in shape.** In fact, lifting too much weight can actually be harmful.
- **You don't need to eat six small meals per day to lose weight.** In fact, eating too often can actually lead to weight gain.
- **The best way to get in shape is to focus on compound exercises.** Compound exercises work multiple muscle groups at the same time, which is more efficient than using isolation exercises that only work one muscle group at a time.
- **The best way to lose weight is to eat a healthy diet and exercise regularly.** There is no magic bullet when it comes to weight loss.

How Barbells and Bullshit Can Help You Achieve Your Fitness Goals

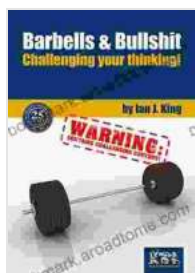
If you're looking to achieve your fitness goals, then Barbells and Bullshit can help you get there. Hillis's book will help you:

- **Cut through the noise and get to the truth about fitness.**
- **Learn how to design effective workout programs and diets.**
- **Avoid common fitness myths and mistakes.**
- **Get motivated and stay on track with your fitness goals.**

If you're ready to make a change in your fitness routine, then *Barbells and Bullshit* is a must-read. Hillis's book will help you get the most out of your workouts and nutrition, and help you achieve your fitness goals.

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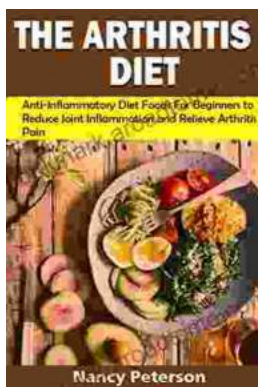
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