
Subject: Re: The Avengers *Spoilers Maybe*
Posted by [Crimson](#) on Tue, 26 Jun 2012 19:40:58 GMT
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Um, this conversation is stupid, but "in shape" isn't a term that's specifically defined. There's cardiovascular ability, as in a low resting heart rate. There's muscular strength and endurance. There's body fat percentage. To have a "6-pack", you need your muscles to have some size/bulk to them (which is partly genetic, partly weight training), and you need a low enough body fat percentage so that you can actually see them.
