
Subject: Re: The Avengers *Spoilers Maybe*

Posted by [Wallywood](#) on Tue, 26 Jun 2012 20:56:44 GMT

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Crimson wrote on Tue, 26 June 2012 12:40Um, 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.

Thats why I said that weight lifting is a small part of it,sweetheart. Tis why I said you dont have to lift weights to be in shape

P.s I also agree with OWA on this.
