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Subject: Re: The Avengers \*Spoilers Maybe\*

Posted by [Major-Payne](#) on Tue, 26 Jun 2012 21:30:07 GMT

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Wallywood wrote on Tue, 26 June 2012 13:56Crimson 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.

lol wut?

"in shape" doesnt just mean cardiovascular shape. that's why you say "i'm in good cardiovascular shape"

if you are really in good shape your body is well-developed in all areas: strength, muscular endurance, cardiovascular endurance

if you aren't at least advanced in all of these areas you're not in shape. bottom line.

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