

## The Math of Improving Physique:

- Too much aerobic training + a caloric deficit + no resistance training = a thin, unshapely, and debilitated body.
- A caloric deficit + sensible calorie-burning exercises + muscle-stimulating strength training = a better chance of achieving a lean and shapely figure, male or female.
- Being completely inactive + over-consuming calories = fat accumulation and minimal muscle shape.

## All micronutrient and calorie intake remaining equal:

- Reduce calorie intake + strength training = lose fat and build muscle shape.
- Increase calories + strength training = build mass, strength, and shape.
- Reduce calories + aerobic work = lose fat and muscle = look lean but non-muscular.