**Lesson #11: Cardio**

Cardio.

Most of us do not like cardio, but a lot of us do it anyway because we think it will get us shredded, but this is not the mindset to have.

Cardio does not get you shredded. Being in a caloric deficit gets you shredded.

Burning 200 calories on the treadmill is the exact same as eating 200 less calories.

Doing cardio takes a lot more time than just cutting something out of our diet, so it is much more efficient to control that caloric balance with diet and also cardio actually has some negative effects besides just wasting time. It's taxing on the central nervous system, so if you're doing to do much cardio, it's going to make your body really tired, you know you're going to be tired during your workouts, which means less efficiency and less gains.

Also, cardio raises cortisol levels. Cortisol is a stress hormone and when cortisol is high it actually lowers testosterone, which makes it harder to burn fat and put on muscle, so if you can control your caloric balance with your diet, that is what I would do.

The only time I would recommend cardio, is if you really, really struggle with hunger and absolutely have to eat a certain amount of food, then you should do cardio to burn off those extra calories.