

# The CABRAL CONCEPT

By Dr. Stephen Cabral



**CHANGE YOUR BODY. CHANGE YOUR LIFE.**

# #1882

## TT: Will Weight Lifting Make You Bulky?

Some people set a goal to go to the gym in order to pack on muscle, but it's been my experience that the vast majority of people are looking more to get leaner and more fit...

The good news is that lifting weights will allow you to accomplish whatever physique goal you set for yourself...

And on today's show I'd also like to explain how neglecting lifting weights is actually quite detrimental for your health and body in the long-run...

Tune into today's #CabralConcept 1882 to answer the age-old question as to whether or not lifting weights will make you bulky - Enjoy the show and let me know if you have any questions!

## EPISODE TAKEAWAYS

# 1

### Weight Lifting Burns Calories Too

Many people think that cardio is the only form of exercise that burns calories, but it's not.

# 2

### Don't Just Diet

If you're only dieting without lifting weights you may be stripping away muscle which will hurt you in the long run.

# 3

### Skip the Small Weights

Small weights equal small results. Lifting a challenging weight to increase results while staying within your rep range.

## RESOURCES

- A Man's Guide to Muscle and Strength



# DR. CABRAL'S MOST POPULAR RESOURCES



**Dr. Cabral's Protocols & Science-Backed Supplements**



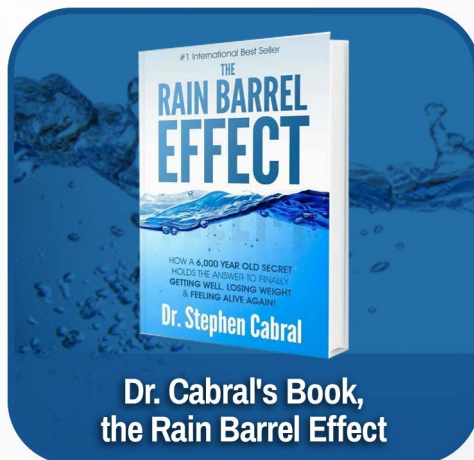
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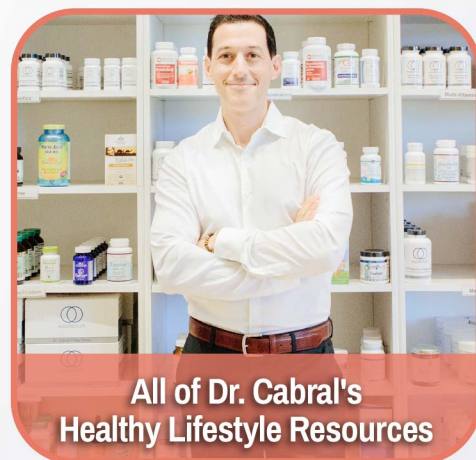
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**Dr. Cabral's Book, the Rain Barrel Effect**



**All of Dr. Cabral's Healthy Lifestyle Resources**

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