

## Does Lifting Weights Make Women Look Less Feminine?

Written by George Owen

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So this is something I hear extremely often when speaking to new female clients in the gym. Many women's fitness regime consists of long session of cardio, with maybe a few very lightweight exercises with high reps. When I ask "why are you training the way you are"? The majority of the time the client will tell me that they are trying to lose some body fat and tone their physique.

Some go into more detail about how they want to tone their arms, have smaller well defined legs, or have a flatter stomach with some muscle tone underneath. Now, unfortunately, there is no such thing as spot reduction, it is physically impossible for a human being to lose body fat in one specific area of the body, but that is a whole new topic for another day.

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