

Fitness Regimens Based on Sex??



[juststarted](#) 837 posts since

Dec 14, 2007

[Article from MSNBC](#)

Very interesting. Thoughts?



[TeejWI](#) 70 posts since

Apr 14, 2008 **1. Re: Fitness Regimens Based on Sex??** Apr 29, 2008 9:06 PM

Aw man...that's not what i thought from reading the headline...



[PudgeyRunner](#) 26 posts since

Dec 14, 2007 **2. Re: Fitness Regimens Based on Sex??** Apr 29, 2008 9:54 PM

Interesting article yes, but I too thought this thread was going to be a different kind of interesting. oops ?:|



[jcrule](#) 201 posts since

Jan 9, 2001 **3. Re: Fitness Regimens Based on Sex??** Apr 29, 2008 10:07 PM

Fitness Regimens Based on Sex??


Alright, get your mind out of the gutter you two! LOL j/k!

This does not surprise me in the least. I mean just think of tennis. Why do you think the women's games are shorter? Hey just don't have the lung capacity for the most part. Those guys are ripped, with the exception of the Williams sisters, lol.



[jcrule](#) 201 posts since

Jan 9, 2001 4. **Re: Fitness Regimens Based on Sex??** Apr 29, 2008 10:10 PM


 in response to: [jcrule](#)

Hmm, has a women ever won the Boston Marathon??? I would say no, but I'm not sure.



[juststarted](#) 837 posts since

Dec 14, 2007 5. **Re: Fitness Regimens Based on Sex??** Apr 30, 2008 7:11 AM

 in response to: [jcrule](#)

Y'all are cracking me up!