

Weekly Workout Routine

November 27, 2019 | 12 upvotes | by [redirectedfs](#)

Stats:

6'4 235 (about 20% body fat)

Started 5x5 two months ago with just the bar.

Current lifts (all 5x5):

Squat: 170

OH Press: 100

Deadlift: 225

Bench Press: 125

Barbell Row: 110

Schedule

Monday - Squat, OH Press, Deadlift

Tuesday

Wednesday - Squat, Bench Press, Barbell Row

Thursday

Friday - Squat, OH Press, Deadlift

Saturday

Sunday - Squat, Bench Press, Barbell Row

Following Week would have Monday off and start Tuesday with Squat, OH Press, and Deadlift.

I've made excellent physical gains over the past 2 months. I'm stronger than I've ever been.

Question:

While I have lost a good amount of weight, about 30 pounds in the last 3 months I have noticed my cardio is still pretty bad. I get winded from a light jog or running up a few flights of stairs. I do have a spin bike (Pelaton equivalent made by Nordic track) I can use to start building cardio. Would it be wise for me to start adding a 30-45 minute spin on my off days? If not, is there another excise I could add?

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Comments

BobbyPeru • 19 points • 27 November, 2019 03:42 PM

First off, there's no way you're at 20% BF with those lifts and your height and weight. Getting honest with yourself is the first step. I'm guessing 30%

Secondly, cardio takes time to build.

ChokingDownRP • 5 points • 28 November, 2019 02:18 AM*

Looking at my chart, I was same height/weight at 23%, but had MUCH better lift numbers at that point. Can confirm OPs BF % is bullshit.

You don't win at life by getting internet points from strangers. Take a look in the mirror and be honest with the fat fuck staring back at you...then come back here and be honest with us.

You "estimated" your BF #, buy a handheld scanner... Not perfect, but better than your estimate.

BobbyPeru • 3 points • 28 November, 2019 08:23 AM

Yeah I was being nice with 30% tbh. Probably closer to 35% with those weak lifts.

redirectedfs[S] • 1 point • 27 November, 2019 05:32 PM

Agreed.

JoeBuckYourself • 5 points • 27 November, 2019 03:40 PM

IMO you should always do cardio. Always.

I think you're getting too caught up in worrying about "which split is best". There's nothing wrong with that. Everyone does it.

But don't forget about your diet. Burn slightly more than you're taking in. Eat sufficient amounts of protein and you should recomp nicely.

Let me ask you something, do you have the extra funds to hire a coach? I mean like physique coach for a show?

redirectedfs[S] • 1 point • 27 November, 2019 05:38 PM

Yes, I have considered hiring a personal trainer.

JoeBuckYourself • 2 points • 27 November, 2019 09:51 PM*

Look into one, seriously. And I don't mean some shit head from LA FITNESS. I mean an actual physique coach. Also immerse yourself in the lifestyle. Look at YouTube for form if you're having trouble.

Also just read your stats again.

You need cardio. I'd start doing fasted cardio every morning if I were you, 45-60 minutes. No need to lose your shit about which kind of cardio (LISS vs HIIT). You just need cardio. Get yourself some BCAA's (not an absolute must) and sip that during your cardio. Maybe also use an ECA stack or just caffeine tablets, green tea extract, etc. Use accordingly.

Lift at night. If you can't do that, cardio after weights.

And I'll assume your natural, right?

redirectedfs[S] • 1 point • 28 November, 2019 01:02 AM

Just getting started..So, natural for now. I'm not sure what BCAA is but I'll look into it.

JoeBuckYourself • 3 points • 28 November, 2019 11:08 AM

Do your research, do the work.

WolfofAllStreetz • 9 points • 27 November, 2019 01:38 PM

It seems a lot of the gym bros always preaching not to do cardio as it ruins your “gainz”. I personally think thats bullshit as Ive been lifting for 15 years.

You clearly need cardiovascular exercise. As someone who sees a cardiologist for some stupid genetic shit I have going on he always tells me that light cardio is great for your heart you want to be able to have a conversation so to speak and keep your heart rate in a target range for fat burning. so to answer your question I think incorporating some light cardio whether it be running or an elliptical on your off days would be beneficial.

part_wolf • 5 points • 27 November, 2019 02:44 PM

Weights are core curriculum. Metabolic conditioning and cardio are electives.

tightsleeves • 4 points • 27 November, 2019 03:44 PM

Looks good, I would only recommend adding chin-ups and dips.. both great practical compound lifts that our body is naturally designed to do.. pull yourself up, and push yourself up

redirectedfs[S] • 1 point • 27 November, 2019 05:38 PM

Good thought, I feel like the 5x5 routine doesn't address core as much as I'd like. Should I add chin-ups to one of my lifting days?

tightsleeves • 5 points • 27 November, 2019 05:53 PM

Your core is getting a workout when holding form during OHP, deadlift and squats. Do all your exercises standing up with a barbell and your core is activated (except bench of course)

I would do chin-ups on your barbell row days and dips on your bench press days

go-RED-go • 2 points • 29 November, 2019 08:36 PM

When weights get real heavy on sq, dl and ohp, your core will have to work very hard on those lifts. You basically train your core all the time. Try conciously flexing your core during whole period of the lift execution. Your core will not be neglected if you do the lifts correctly.

ImNotSlash • 6 points • 27 November, 2019 02:22 PM

There's nothing wrong with cardio. Cardio will burn muscle which is why lifters generally are against it. The best workout plan is the one you'll do.

I'm not sure you'd get a lower heart rate lifting heavy for an hour versus cardio for 30 minutes.

arm_candy • 6 points • 27 November, 2019 04:05 PM

I'm not sure you'd get a lower heart rate lifting heavy for an hour versus cardio for 30 minutes.

You absolutely will, because of rest between sets and also because weight lifting is anaerobic. Heart rate-based fitness trackers can't even estimate calorie burn from weightlifting because heart rate isn't sufficiently elevated. A typical weight training session supposedly only burns ~200 kcals because it's mostly rest time.

Techn1ckS • 2 points • 27 November, 2019 09:14 PM

This.

redirectedfs[S] • 3 points • 27 November, 2019 02:45 PM

Thanks for the input guys. I think my new schedule will be something like this:

Monday - Squat, OH Press, Deadlift

Tuesday - HIIT

Wednesday - Squat, Bench Press, Barbell Row

Thursday - REST

Friday - Squat, OH Press, Deadlift

Saturday - HIIT

Sunday - Squat, Bench Press, Barbell Row

0io- • 3 points • 27 November, 2019 02:56 PM*

You might consider just doing something too, instead of an exercise bike. I'm a big fan of riding a bike to go places. You get more fresh air, you waste less time. Ride your bike to the store to buy groceries or to the gym or the swimming pool. Go hike up a hill to a lake or climb a tree. It's a lot more fun and does the same thing. If you live in a cold climate, get some studded bike tires from Finland. You can ride across a skating rink or a frozen lake. They're the greatest thing ever if you have icy roads. Wear ski goggles.

ChokingDownRP • 3 points • 30 November, 2019 03:27 PM

You might consider just doing something too, instead of an exercise bike. I'm a big fan of riding a bike to go places. You get more fresh air, you waste less time.

I like this. I am not a fan of working out on stationary machines. I like to see and experience things. If I can hike or bike instead, it's a no brainer.

NeoTheJuanDJ • 2 points • 28 November, 2019 12:12 AM

Your numbers are low. Your numbers would indicate you are rather new to lifting, at least what would be considered "beginner" strength levels. Therefore, squatting so frequently per week would be a detriment to your progression because your nervous system is not strong/ developed enough to handle that kind of volume/frequency and still recover/adapt/progress. You would probably burn out and begin to plateau. I would suggest keeping the squats to once per week, and the other days, substitute a leg variation such as leg press, lunges, Stiff-Leg Deadlifts to develop the muscles that would contribute to a strong squat. The key is not more, the key is the minimal amount possible to elicit positive change in a specific direction, consistently and without fail , over the long term.

arm_candy • 2 points • 28 November, 2019 12:46 AM

He's literally running a beginner program. Squatting 3x/week is a common to many popular beginner programs.

Speaking of, /u/redirectedfs, why are you changing the frequency? If you're running StrongLifts, it should be 3 days/week, not 3.5.

redirectedfs[S] • 1 point • 28 November, 2019 01:04 AM

It's because at the beginning the weight was so little there was no recovery time. Overhead press is

the only thing that I'm currently maxing out on. Would now be a good time to move to three days a week?

arm_candy • 2 points • 28 November, 2019 01:13 AM

Whenever you feel like changing it back I guess. At some point you'll want the extra rest day for recovery. I have no idea if you're there or not.

I don't like the "start with the bar" strategy for this reason. It means everyone comes up with their own "hack" to progress faster anyway because it's just so low for most lifts. Starting Strength has a much more sane starting point: add weight until the bar slows down.

CrazyLegs78 • 3 points • 27 November, 2019 03:57 PM

HIIT, Sprints, and Prowler sled for no more than 20-30 minutes per session. There are good diy prowler plans on the interwebs.

When i'm short on time for the week, a good superset gym session kicks my ass as much as a cardio session.

SBIII • 5 points • 27 November, 2019 02:05 PM

HIIT is the best form of cardio - you'll burn more calories faster, spend less time at it than other forms of cardio and it preserves muscles better.

Walking, rowing and swimming are all good too. Just avoid running - it reduces gains - and that's not just bro science.

arm_candy • 6 points • 27 November, 2019 04:00 PM

"Running steals gains" is absolutely broscience. If you run so much it causes a deficit, you'll obviously reduce gains but that's the case no matter how you induce the deficit. If you schedule runs in a way that they impede recovery (e.g. 10 mile run before squats) you'll reduce gains. If you schedule your running appropriately and get enough calories, it doesn't impede muscle gains. In particular it's no worse than other forms of cardio.

If you believe there is science behind your claim, can you provide non-anecdotal evidence?

SBIII • 6 points • 27 November, 2019 04:19 PM

If you believe there is science behind your claim, can you provide non-anecdotal evidence?

Yes..

" For moderator variables, resistance training concurrently with running, but not cycling, resulted in significant decrements in both hypertrophy and strength. "

Department of Health Sciences and Human Performance, The University of Tampa, Tampa, Florida, US

Concurrent training: a meta-analysis examining interference of aerobic and resistance exercises.

"Running steals gains" is absolutely broscience.

If you believe there is science behind **your** claim, can you provide non-anecdotal evidence?

arm_candy • 5 points • 27 November, 2019 06:24 PM*

Thank you. This is an interesting study. Key takeaways for me:

1. Upper body is not affected by this effect.
2. The “cardio” effect is mostly with respect to power, not strength or hypertrophy.
3. Running had significantly more effect on fat loss than other cardio.
4. Running *was* shown to reduce hypertrophy and strength increases.
5. Running was *not* shown to actually cause strength or muscle loss. Indeed all groups increased strength, power, and hypertrophy.
6. The effect is unsurprisingly tightly coupled with frequency and duration. Run shorter distances, less frequently and the effect is reduced.

I couldn't find any detail in programming and I'm curious if the reduced strength gain is replicated with smarter programming.

The overall message seems to be that running isn't ideal when gaining (lower body) mass but seems a net win when cutting.

Edit: In response to your question for evidence, nope. I did a quick search and found some examples in support of the statement that “cardio doesn't kill gainz” but they mostly fit within the results of your cited paper. I couldn't find anything specific to running. I did find one but it was specific to youth 18 and under, and another that was limited to short term effects. I found several that showed muscle increase with concurrent training, but this is in line with your paper.

mrpmonk • 1 point • 28 November, 2019 04:49 AM

Bookmarked

screechhater • 2 points • 28 November, 2019 03:45 PM

Work cardio 7 days a week. Fast cardio is the absolute fucking best
Don't fuck around Time is of the essence. Get the fat off your torso.
The numbers will come with the lifts, just keep at it consistently.

markpf73 • 2 points • 28 November, 2019 06:26 PM

Spin. A great place to practice game on unhappily married women who just warmed up their pussies with the friction of their thighs and rhythmically tapping it back on the bike seat. Beyond that it's pretty fucking gay.

Rifleshoot • 4 points • 27 November, 2019 02:02 PM

Adding in cardio doesn't seem like it could be a bad thing, as long as it doesn't impact your lifting. You could look into High Intensity Interval Training (HIIT) for on your off days. They say its the best way to burn extra calories.

redirectedfs[S] • 2 points • 27 November, 2019 05:37 PM

Thanks for the advice. Going to add 2 HIIT days a week.

mrbadassmotherfucker • 2 points • 27 November, 2019 02:43 PM

Cardio will help with your lifts. If you have more stamina your workouts will be easier to get through and you

will have more steam.

For example, I find if I haven't been running in a while I'm less fit and my deadlifts take a hit. I'm much more burnt out after DL than if I was regularly running.

If you're building then eat back the calories burnt from cardio.

If you're cutting, use the extra burn as a bonus to reach your goal faster.

NeoTheJuanDJ • 2 points • 27 November, 2019 11:57 PM*

Increasing your cardio will increase your ability to recover. Increasing your ability to recover will allow you to train more intense, more frequently, and still continue progressing. Cardio will also exponentially increase the rate at which you burn calories after your workout (similar to just lifting weights), so combine them to lean out. Do more cardio.

As for "forms of cardio". Keep it short and intense in the gym, and be more active on your day (for the low intensity long duration). Increasing your activity outside the gym keeps your body's insulin sensitivity up throughout the day, allowing you to better partition your nutrients (particularly carbs) to the muscle rather than "overspilling" to your fat stores because you're sedentary. I recommend a 10 minute walk after each meal to keep insulin sensitivity up throughout the day.

Also, another thing to think about to increase cardio would be to decrease rest periods between sets in your strength training. An example would be - rather than taking 2 minutes rest between sets on a particular exercise, take 1 minute on week, then 30-45 seconds the next. You'll find this will minimize the time spent in the gym and you'll be hitting both at the same time. Just ensure you have perfect form, and that you don't "peak" and burn out because you're technically ramping up the intensity by doing this. Small changes to find what works that can be sustainable long term.

Overall, I would say focus on your diet, increase your activity level throughout the day (simple as just moving more walking etc.), experiment with different forms of cardio but I would suggest the HIIT over LISS in the gym and prioritize the lifts and increasing your numbers. Good luck

redirectedfs[S] • 1 point • 28 November, 2019 01:08 AM

Thank you, your notes on the overhead press have helped.

Clearwaterbeach2016 • 1 point • 11 December, 2019 01:50 AM

Weekly Workout Routine

Stats:

5'9" 210 (about ??body fat)

Started 5x5 6 years ago with just the bar. Now I'm doing a modified Westside routine (raw, so no box squats).

Current lifts (all 1RM):

Squat: 340

OH Press: 175

Deadlift: 385

Bench Press: 255

Barbell Row: 175

Schedule

Monday - Bench and accessories

Tuesday deadlift and accessories

Wednesday - Heavy bench and accessories

Thursday rest

Friday - Squats and accessories

Saturday rest

Sunday Rest

I'm 52 years old and a fat ass and can run 5k whenever I need to in about 35 minutes.

Stop worrying and continue working hard. It will all come together if you keep at it. Also, stop fucking lying to yourself.

red-sfpplus • -1 points • 27 November, 2019 04:56 PM

Fuck your faggot lifts you fat fuck.

This isnt r/fitness pussy.

SBIII • 1 point • 27 November, 2019 07:39 PM

Facts.