

# Cardio 101

247 upvotes | 11 March, 2021 | by Protocol\_Apollo

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## Intro

So you lift weights, bench is going up, getting bigger. Good job dude. You are on your way to realising your true potential in becoming a super sigma red pill 9000 alfalfa. But you find each set winds you out for a while, your next day DOMs isn't fun and sometimes you get the odd comment from a plate wishing you lasted longer or get a slightly disappointed implying "is that it?"

What's the solution to such a conundrum?

Is it steroids? Sarms? A Lazarus pit?

Nah, that's overkill when there's more a natural solution...CARDIO!

So why do cardio?

The most important muscle isn't your delts or chest, but your heart.

*Nah fuck you Apollo, bigger biceps is more importanter...here for a good time not a long time right babe?*

Well, how did that turn out for Our Aesthetics Godfather Zyzz or our favourite natty vegan cross fitter panini maker Rich Piana? (Whom rest in heaven among other legends such as Gary Webb, Malcolm X and [Mr Potato head](#) for not being [gender inclusive enough](#)).

But this is a sexual strategy sub, so let's relate it to that: how does cardio help you get laid?

- It helps burns calories thus helps you get down to a lower body fat percentage. *The best tool for LMR is a six pack- Ancient Chinese Proverb.*

- It boosts your SMV. What's the better version of you...you at 23% body fat or you at 16% body fat?

- Helps you last longer in bed. Need I say more?

- Improves recovery between sets and from day to day. You will no longer feel as winded after every heavy set of squats/bench needing 5 minutes to recover and your DOMs won't be as bad the next day. Thus cardio= more gains.

Okay, so we established why do cardio...now to answer the how.

## **Body:**

Let's first answer what NOT to do: High Intensity Plyometric shit. Basically a circuit of burpees, mountain climbers, pushups stuff like that. Why?

Because burpees is the number one way to hate doing cardio/exercise in general. If you don't enjoy and really dread doing cardio, how long are you going to stick to it? *On the flip side, this could be used as mental fortitude test for recruits...someone should write that down.*

Not only is this type of cardio not enjoyable but it taxes your body as well, it impacts your gains due to the interference effect of cardio. Your recovery needed for lifting is going to increase if you do this type of cardio which means less time/resources for lifting.

So what's the alternatives?

Elliptical, biking in real life, swimming, treadmill or anything else that isn't too intense like hiking, or recreational sports. One thing you will notice with most of these activities aren't too intense on the muscles nor the joints.

I prefer to do moderate steady state cardio (on the treadmill since that's my preference). I crank up the incline and walk (mimic a hill) for 30 mins/3-4 days a week. I used to do intervals where I would increase the speed to 12, sprint for 30 seconds, walk at speed 6 for another 30 and repeat for about 10-15 mins. Try both methods and see what you like either on the treadmill, elliptical, bike, in the pool etc. I found sprinting was impeding my recovery a bit and maybe wasn't doing my joints many favours YMMV. That's why people use running shoes for intense treadmill sprints, the soft heels on these shoes give way/are flexible so there's less impact on the knees/joints. Or just run on sand, grass, ie softer ground.

But do not wear these when you squat/deadlift. This will impede the transfer of power and mess up your form, your knees may cave in a bit as you are pressing from an unstable surface. That's why it's better to jump from solid concrete than sand if you want to jump as high as possible. [That's some science shit right there.](#)

Now you could just buy squatting shoes for this where the heel is heavy and solid (the total opposite from running shoes) or if you are really smart, just take off your running shoes and squat/deadlift barefoot. Don't be that dude who brings like 10 items in his bag just for lifting.

Now if you already got knee problems and/or taking steroids like win, the elliptical, swimming, biking in

real life and hiking are much joint friendlier than the treadmill so do that instead. Your knees will thank you later.

When to do cardio

I prefer doing cardio on rest days, days when I'm not lifting. But if you can't, then do it AFTER LIFTING. Never before. Save your energy/glycogen for lifting weights, don't waste it on cardio.

## **Conclusion**

Cardio is another tool in the box for bolstering SMV for short and long term gains. You don't need to do 1 hour a day everyday but totally neglecting it isn't smart either. As long you do it either artificially by using a treadmill, elliptical, a pool or by naturally living a very active lifestyle such as walking 20 mins everyday to and from work, walking your dog, going on regular hikes etc, it doesn't matter too much which form you do, just so long that you do it.

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## Comments

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AutoModerator[M] [score hidden] 11 March, 2021 04:41 AM stickied comment

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[deleted] 11 March, 2021 05:17 AM

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Protocol\_Apollo[S] • 14 points • 11 March, 2021 05:29 AM

What's your preferred recreational sport?

I'd take 90 minutes with moderate/high intensity recreational sports (for me it's football) over even 20 minutes of easy intensity treadmill but got to remember the audience.

Hydroponically • 26 points • 11 March, 2021 05:36 AM

Cage fighting is mine.

You can't worry about anything but the guy trying to take your head off.

Best escape ever. I have the worst cardio. I can't stand running. Nothing pushes my cardio more than sparring and training. You're too engaged to try and stop and take a break. Even during breaks most gyms make you shadow box in between.

Muay Thai - or normal kick boxing would be a great alternative if that's too extreme.

I personally don't like training one specific art though. If you were to ever need these skills to defend yourself - it's unrealistic for a fight to remain on the feet. Jiu jitsu is a must have.

Having these skills to defend yourself - also highly increase your confidence. I fear no man. No matter their size. Can I beat them all - of course not! But, am I more skilled than the average joe - very much so!

I'd highly recommend a beginners MMA class - or a jiu jitsu / kick boxing combo at the very least.

FoodFour4Thought • 10 points • 11 March, 2021 01:36 PM

Well... I agree and disagree... Martial arts ( like muay thai,kickboxing,boxing, judo,jiu jitsu,wrestling) are great ways to improve coordination, discipline, improve physical condition, learn self defense and meet new people ( you can't drill exercises alone)

However,we need to establish some differences. It's not the 2 days a week jiu jitsu or kickboxing class that is going to put you lean and mean ( atleast in the 12-10% body fat range), even though the warm ups are challenging and have a mixture between coordination, technique, dynamic stretching and HIIT cardio with a little bit of bodyweight conditioning, in my opinion that is not enough for a good baseline cardio. Why?

First of all: Your body is going to get used to the warm up and is not going to be the same drills and pad work that is going to significantly make a change in your physique.

That's why we see a lot of people in those martial arts that are just skinny fat with no impressive

physique or even abs even though they do the 100 crutches and 20 burpees 3 times a week.

That's why every athlete or anyone that is focused on maximizing their martial arts evolution does a separate strength and conditioning program and they ALWAYS do the roadwork( whether it be 4/5 miles or 10) they run in the street and jump rope.

The thai fighters don't do class warm ups, they run 7 miles and jump rope everyday or the jiu jitsu advanced belts (purple belt up) that never do the class warm up... They focus on improving those specific attributes (strength and conditioning and cardio separately)

If you want to make serious cardio gains you need to hit the road, there's no way around it. Yes it might fuck your joints a little bit, you might get a couple shin splints but man, it will help you get lean and mean...and improve that bedroom cardio. You don't need to do it everyday, do it on the rest days from lifting.

surfthroughlife • 6 points • 11 March, 2021 02:28 PM

Much truth here. Been training jiu jitsu for nearly 3 years and have been running marathons all within that time.

Have ran a marathon where I did only treadmill training and my body died during the actual race. Run on the concrete like a real man, eat good food and don't be a fat fuck and your joints should be fine.

A mix of that, jiu jitsu, weightlifting and yoga should keep your body in good enough shape for a majority of your life.

Anyone that only runs on a treadmill is a pussy.

shittyfuckdick • 1 point • 15 March, 2021 01:20 PM

I'm thinking of lifting 4 days a week and doing a martial 2-3x a week. Do you think that's a manageable combo? My goals are more to get jacked and know how to fight/meet people.

FoodFour4Thought • 5 points • 15 March, 2021 08:36 PM

Depends. How old are you? Your body is able to recover much faster in your 20s than in your late 30s/40. Do you have an athletic background? If you did sports in your childhood/teens, specially in a competitive way, your body has developed a muscle memory that allows you to develop physical tasks and learn movements much more faster and fluid than someone who hasn't. Do you exercise regularly? If you have a baseline, it is much more easier to start with the schedule you are talking about, the same way that it is much more easier to study for an exam if you've attended the class all semester and studied through than someone that is cramming all the information days before the exam.

My intuition tells me that you are starting now and you want to become Rocky Balboa all of the sudden, that's why you are creating a really strict schedule that only people that do this for a long time manage to do.

I'm going to give you some tips based on my experience and mistakes:

1- CONSISTENCY: Always aim for consistency, your fitness journey is a marathon not a sprint. Specially with martial arts, I've seen countless people step up in the gym with all the motivation in the fucking world, they start training almost everyday , with the protein shakes and the keto/paleo/no carbs diets, after one month or two I never see them again. Why? Their bodies break down, they starve themselves and overtrain themselves without having the proper baseline and the motivation is fucking gone. The guy that trains 2 times a week,

manages to do 100 classes in a year while the guy that trained 6 times a week in 2 months only managed to do 50 classes. And if you account the fact that guy that still trains 2 times a week hasn't quit, in 10 years he becomes a jiu jitsu black belt while the other dude never got past the white belt.

2- MOTIVATION IS NOT DISCIPLINE: Motivation is temporary, it is a state of mind that like happiness, anger, boredom fades away. Discipline means doing it when you don't feel like it, the days that are raining, the days when your car is in the shop, the days that you have a date or the days that your friends do a party and invite you to get turned up... Specially in those fucking days you need to get your ass out of the house and step up in the gym, because those are the days that are going to define you in your fitness journey. It's not the days when you feel like eating chicken and broccoli and doing 100 reps... It's the days when your mind tells you to drink a soda, the days when you have a date and you want to order a pizza and watch netflix all day...

3-ROME WASN'T BUILT IN A DAY: It's going to take time. You need to think in the long run. Even with newbie gains and great genetics, you are not going to become jacked in one month, the same thing with martial arts, you are not going to win amateur competitions with 3 months of training. And if your purpose is to beat up dudes in the club to show how much macho and strong you are, you are doing it for the wrong reasons. Usually, those dudes are the ones that never last in a martial arts gym. If you are thinking of increasing your SMV and following your purpose you are not going to waste your time on petty shit like bar fights and brawls. And every class is going to be a humbling experience that is going to teach far more important lessons about your character than any move or strike that you learn that day.

4- DON'T COMPARE YOURSELF TO OTHERS: Compare to who you were yesterday. Do a journal with monthly entries comparing your numbers, achievements and physique. It will help you fueling your ambition in your journey

5- NEVER FORGET TO WARM UP AND STRETCH : It's self-explanatory, you will gain a shit ton of flexibility with a 5 min stretching routine in the end of the session and you'll prevent a lot of pain/injuries.

If you want to do lifting and martial arts I would advise you to start slow , I would do 2 times a week each one on different days and that is going to require a lot of discipline. If you stick with it for 3 months, then think of adding up one more session gradually.

Good luck.

shittyfuckdick • 1 point • 15 March, 2021 08:53 PM

Wow what an in depth response. I've been lifting consistently for almost 6 months now. I go 6x a week and diet is on point.

I figured I'd dial back a couple days lifting and add in a martial art. I've tried this with Muay Thai, and wound up gassed, but I also didn't cut back on lifting.

Protocol\_Apollo[S] • 5 points • 11 March, 2021 05:46 AM\*

I'd highly recommend a beginners MMA class - or a jiu jitsu / kick boxing combo at the very least.

Yeh most martial arts do give you some solid cardio. Bjj/MMA/kick box/muay Thai all those work. Something like Krav Maga not so much.

woyspawn • 2 points • 11 March, 2021 12:21 PM

If the interest is in cardio, I think box focuses the most on endurance.

lordmainstream • 5 points • 11 March, 2021 07:13 PM

Jiu Jitsu used to make me so fucking tired.

warm up + 3-5 rolls and i was done for the day, slept like a baby

p3n1x • 2 points • 11 March, 2021 09:43 PM

This one is hard for others to understand if they have never done it.

chodoboy86 • 2 points • 12 March, 2021 02:04 AM

This. BJJ is amazing cardio if you know how to roll. I've done lots of different fitness styles and a good roll still leaves me wrecked.

My head instructor was nearly 200kg and is now an 80kg machine. He did it with BJJ.

[deleted] 11 March, 2021 05:31 AM

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bearestbird • 9 points • 11 March, 2021 07:29 AM

Basketball for me. A good hoop session fully of sprints and constant running and competitiveness. Also easier to set up

HornedBul • 3 points • 11 March, 2021 10:52 AM

social dancing. on top of the cardio, is a great way of meeting people of the opposite gender.

unfortunately for me, everything is closed due to the bug

element-x • 3 points • 11 March, 2021 01:43 PM

This is the way. I got into mountain biking and it changed my life. If you get really into it there's potential for life changing adventure travel and meeting tons of new people.

5611119599 • 4 points • 11 March, 2021 01:30 PM

Skateboarding. Super challenging. Only true hardcore people do it past 30. I burn around 700 cal per hour at thr skatepark.

[deleted] • 26 points • 11 March, 2021 05:29 AM

The best way to do cardio is to find fun cardio. For me it's playing adult league hockey once a week. Something like that or rec basketball is what I would recommend. With those things you also network. I got my current job from a guy on my team who recommended me.

Protocol\_Apollo[S] • 5 points • 11 March, 2021 05:40 AM

Name checks out.

Never liked hockey. Air hockey isn't too bad though.

Basketball is something more up my alley though.

How did you meet your new coworker? Just at some local park?

[deleted] • 2 points • 11 March, 2021 05:46 AM

We play on the same adult league hockey team. After I graduated college with a finance degree he got me a job in corporate real estate, his brother is in management so he put in a good word for me.

gucciwillis • 3 points • 11 March, 2021 11:05 AM

Me and the boys get together about once a week and play footy (soccer for you yanks), we're pretty competitive so it's good exercise as well as being fun as fuck. That's my advice to anyone who doesn't enjoy cardio

Er1ss • 23 points • 11 March, 2021 08:49 AM\*

Running outside is far superior to a treadmill or elliptical. The impact from running is healthy for joints and the benefits of sun exposure, natural light and being in nature are well documented. Also running on a varied surface makes you more resilient to injuries. I don't recommend soft shoes, instead build up gradually and work on foot strength and function.

If possible running outside especially on trails in nature is a better option than a treadmill and especially the completely unnatural movement of the elliptical.

Protocol\_Apollo[S] • 3 points • 11 March, 2021 06:57 PM

Yeh running on a trail outside >> a treadmill.

- 1) get to breathe fresh air instead of recirculated air.
- 2) running in nature does wonder for stress/mood
- 3) sunlight exposure in a time where a vast majority of people don't get enough.

[deleted] 11 March, 2021 01:01 PM

[removed]

Er1ss • 6 points • 11 March, 2021 07:35 PM\*

As a physio I strongly disagree. It's a shitty motion for the knees. Way too much movement under load. That machine has no right to exist.

With running you get a higher impact force which helps get nutrients and waste through the synovial membrane and during the loading phase the knee barely moves. On an elliptical there is barely any peak force and the knee is constantly loaded while moving through an unnatural ROM while blocked from rotating as it naturally would.

Yes running requires technique and a good progression but with those requirements it's a very healthy activity and way better than slowly grinding your knees on an elliptical.

[deleted] 11 March, 2021 09:02 PM

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The-Snuffleupagus • 0 points • 11 March, 2021 05:50 PM

If you allow yourself to slouch when running that's just poor form. If you're running and start to slap your heels on the ground and slouch your back then take a rest. You're supposed to bounce off the ball of your foot, swing with your arms and run with an upright spine.

spliferoooo • 21 points • 11 March, 2021 05:20 AM



Save your energy/glycogen for lifting weights, don't waste it on cardio.

Reading this after I wasted it on cardio. RIP.

Protocol\_Apollo[S] • 10 points • 11 March, 2021 05:30 AM

Been there, done that.

Live and learn.

OptimalMammal • 18 points • 11 March, 2021 08:08 AM

"Don't be that dude who brings like 10 items just for lifting"

I feel personally attacked, so I must ask, how much you lift bro?

SapphireBlack • 6 points • 11 March, 2021 05:39 PM

We are attacked for wearing knee sleeves and a belt to squat heavy safely

Protocol\_Apollo[S] • 6 points • 11 March, 2021 06:59 PM

If you need a belt/sleeves to squat 250, you are doing it wrong.

315+ yeh sure.

SapphireBlack • 2 points • 11 March, 2021 11:25 PM

Yeah I get what you mean some dinks in my gym wear belts and sleeves to curl 15s and I get a kick out of it.

Protocol\_Apollo[S] • 4 points • 11 March, 2021 06:59 PM

I lift all of it.

So what's in your gym bag? All I bring is a towel, water bottle, and powerlifting weight clips since I hate the normal spring ones.

[deleted] 11 March, 2021 07:09 PM

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Protocol\_Apollo[S] • 3 points • 11 March, 2021 07:24 PM

Guessing you are really into powerlifting, probably got a meet coming up or something?

What's the grippy thing you are talking about?

[deleted] 11 March, 2021 07:49 PM

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Protocol\_Apollo[S] • 1 point • 11 March, 2021 11:37 PM

It's just a bit of rubber shelf liner which I cut to the size of a bench, stops me slipping on the shitty commercial bench, although I'm going to join a proper strength gym when they open again.

Oh yeah some gyms have a slippery bench.

So you put like a rubber mat on top of the bench or something?

You can also just wrap a band/or two vertically around the bench and use that to stay stuck on

the bench.

MagnumBurrito • 32 points • 11 March, 2021 05:40 AM

Punch and kick a bag for half an hour. Find out how much you suck at striking. Build abs, obliques, rear delts.

loox1490 • 76 points • 11 March, 2021 05:12 AM

So when opening this thread, I expected to see the usual non-informed “HIIT is superior” and “look at marathoner vs sprinter bodies”. I was happily incorrect. Low intensity, longer duration cardio is the way to go (unless you are peaking for a race or event AFTER already building a strong base). Goal is to build an aerobic base, which isn’t done doing a ton of intervals, tabatas, etc.

beardestbird • 12 points • 11 March, 2021 07:29 AM

Why is HIIT bad? I enjoy it

deLaZerda • 10 points • 11 March, 2021 09:08 AM

Whatever it takes to get you going, do it. The issue with HIIT is the jumps, sprints, etc that are not good for the cartilage and ligaments in your joints long term. Swimming is the most sustainable form of cardio, followed by running/jogging/walking at a continuous pace, last being rapid and abrupt pivot style movements.

Infinite\_Status • 3 points • 11 March, 2021 10:37 AM

Nah man HIIT gets bad rep because of its effect on your body for hypertrophy and strength. Somehow/someway it’s more difficult to build muscle on HIIT vs any other form of cardio

The-Snuffleupagus • 2 points • 11 March, 2021 05:48 PM

You don’t build (larger) muscles either way whether it’s running distance or HIIT because you’re not pushing a heavy load. A heavy load is required to recruit type 2 (a&x) motor units of the muscles, and if you never reach the weight threshold to activate them they don’t get the benefits.

beardestbird • 2 points • 11 March, 2021 11:08 PM

I can kinda see that. I just view HIIT as football type training cause that’s essentially how football was when I was in it. It’s not long distance

And in my opinion football Athletes are in some of the best shape.

Now long term sure I can see cause the wear and tear could be bad but so far I’m enjoying it and I’m losing weight

Noaxx • 8 points • 11 March, 2021 09:25 AM\*

Right on.

The best cardio is the one you enjoy the most and can consistently repeat.

Regular cardio also helps you stay at a lower "bodyfat set point".

Also, if you don't do cardio, you'll tend to feel more a lot more sluggish and lethargic during your day. The aerobic base you build from cardio gives your workouts more energy, and you'll just feel so much better overall. Cardio is definitely worth its time.

Edit; Also, if you can't do anything else for cardio, you can always walk. Walking is underrated. I walk when ever and where ever I can when I have time. Pro tip: listen to audiobooks while walking. Aim for 45-60 minutes a day if its your only cardio work though.

-since • 13 points • 11 March, 2021 05:24 AM

Cardio is great.

My personal beef with it is it's usually about endurance vs intensity.

I prefer intensity, which i find more engaging than endurance.

The-Snuffleupagus • 2 points • 11 March, 2021 05:52 PM

If you actually want to exercise your heart you need to go for endurance instead of intensity because your cardiac muscle is basically the same as type 1 fibers because their energy source is exclusively oxygen, which takes longer to use since it's ATP yield is roughly a 1:32 ratio.

-since • 1 point • 11 March, 2021 08:46 PM

Yeah I'm decent at cardio. It's also just time consuming though.

My runs and bikes take me far, but it usually takes me minimum 2 hours vs the 20 min x3 a week it took me to get jacked.

SeasonedRP • 6 points • 11 March, 2021 11:03 AM

This is a good post. Many neglect cardio but it's important for overall health and helps burn fat. An easy way to get started is to run a mile after you lift. After you get accustomed to it, run it hard enough to where you are completely winded when you finish. This won't interfere with your lifting progress-you'll adapt-and it doesn't take much time. Those who are decent at running might want to do a quick two mile run. I time the runs and try to improve over previous times. Intervals also work well and don't take much time. On off days, you can do 40 minutes or so of long slow cardio. I use an elliptical or bike for this. Unless you are getting ready for a powerlifting meet or something similar, I wouldn't worry about cardio impeding your lifting. Top bodybuilders do cardio and for the last decade or more, even larger powerlifters and strongman competitors have started to focus on GPP (general physical preparedness) and have finished workouts by doing sled pulls or similar interval type training. One caveat: MMA and boxing training are great but the intensity of such training will make it harder to lift heavy in the gym. You can still make progress but don't expect to set any lifting records if you train BJJ three times a week. If you are doing this type of training, don't do squats or deadlifts the day after fight training if you can avoid it.

Pelikahn • 4 points • 11 March, 2021 05:47 AM

The only cardio I enjoy is swimming. Works the entire body and tones my back perfectly. Not many people mention swimming, much easier on the joints.

Protocol\_Apollo[S] • 7 points • 11 March, 2021 05:55 AM

I used to shit on swimming.

Thought it was so dumb for cardio.

But I realised it's probably one of the best forms out there. If I couldn't lift weights but wanted to build muscle, swimming is probably the best activity I can think of.

Soccer players are just lean, not much muscle.

Football/rugby players train weights as well as their sport.

Fighters same thing.

But swimmers can just stick to their own thing and still make gains.

And it's very easy for the joints.

Only downside is spending too much time swimming affects your skin. All of that chlorine and bleach (hypochlorite ions) doesn't do it many favours.

Pelikahn • 6 points • 11 March, 2021 03:05 PM

I swim in the river on my property, no chlorine or salt water for this guy. When I started I couldn't out-swim the river at all, a year later and I have to float down river for a minute or so to get back home after I finish. I've always loved swimming

Siyuen\_Tea • 3 points • 11 March, 2021 06:27 PM

People don't mention swimming because it's one of the most limited options. Finding a pool open all year is hard, finding the one that is open and not full and reserved is even harder. Swimming at the beach is a bitch unless the weather is nice. The beach is by far the best since running on the sand is good training too but it's highly limited

NobodyP1 • 7 points • 11 March, 2021 07:23 AM

SARMS for the win though. That stuff really works just make sure you get the good stuff.

Protocol\_Apollo[S] • 2 points • 11 March, 2021 07:00 PM

Not that I'm interested in taking them (rather take steroids) but which ones do you take?

NobodyP1 • 1 point • 11 March, 2021 08:16 PM

LGD and MK-2866 (Ostarine) I do one or the other. While I'm off those I'm taking MK-677 so I'm always on something. (Mk-677 isn't technically a SARM)

YngWn • 6 points • 11 March, 2021 01:38 PM

Yes, this is indeed effective.

No, this does not mean running or doing intense cardio is bad. You're just lazy. If my fatass can go from getting out of breath after 300m to running 5km under 29 minutes, so can everyone whos got a little bit of willpower can.

Doing cardio made me step up in the gym. Breathing is key when lifting heavy and guess what running a few km does to you. It makes you breathe, a ton.

The talk of leveling up your skills like in a game is very true. Social skills, weightlifting, cardio... It works the same way. Go out there and lup the only weightlifters.

Balkanskii • 5 points • 11 March, 2021 11:30 AM

Jumping rope works best for me. I do it 3 times/wk, moderate to high intensity, 30-45 minutes sessions. I combine that with resistance bands training and pull ups, dip, etc on the days which i am not jumping. I think that jumping rope is a great workout as it works on my delts, back, legs, glutes and even chest and core. I recently noticed that my heartrate is around 50 when totally relaxed, not to mention all the benefits OP mentioned from doing regular cardio.

KingGerbz • 6 points • 11 March, 2021 04:47 AM

I'm an advocate for hills or stairs. You can get a killer cardio workout in half an hour sprinting stadiums. Your leg muscles get a workout too. Plus it's more fun than long monotonous distance running

Protocol\_Apollo[S] • 2 points • 11 March, 2021 04:53 AM

Oh yeh hills or stairs in stadiums are a solid cardio plan.

Or if you live in the city with no stadium in sight, either set the treadmill incline high or use a stair master.

Used to do some short-long distance running. Like 2-3 miles long but just takes up a lot of time. You kinda get bored after a while.

[deleted] 11 March, 2021 09:36 AM

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Protocol\_Apollo[S] • 2 points • 11 March, 2021 07:04 PM

Probably one of the biggest pros of recreational sports.

Bobbybouche1501 • 5 points • 11 March, 2021 11:12 AM

I'm all for cardio but how is that supposed to help you last longer in bed? I mean if your not lasting because your whole body is too tired to continue it's one thing but most of the time when someone can't last it's due to sensitivity or whatever, not being winded.

Luck-67 • 7 points • 11 March, 2021 02:29 PM

Simple. Increased and improved vascular circulation and greatly improved lung capacity. You can last much longer.

Bobbybouche1501 • 1 point • 11 March, 2021 09:28 PM

Hmm very interesting thought material. I know getting high a lot goes against RP philosophy but I really enjoy getting wasted and so far that has been my biggest problem in the bedroom. If I'm sober I'm done in like 5-10 min but if I'm high I can't finish at all... which would be ok except I also have a hard time keeping a full stiffy when that happens because I get distracted really easily.

Lmao I thought maybe girls might kinda like fucking a guy who can last forever but the last chick I fucked just seemed frustrated by it and needless to say she hasn't called in awhile ☐☐

TakeThe12edPill • 4 points • 11 March, 2021 05:49 AM

Honestly, just do Brazilian jiu-jitsu at least 3x a week. Cardio and self defense all in one

BasedDepartment • 2 points • 11 March, 2021 05:53 AM

Higher intensity running can definitely fuck with your gains. I'm still in highschool and run track/ cross country. So a lot of running at a high level most everyday. Im not small and I'm large for a runner, but could definitely be bigger.

Ensifror • 2 points • 11 March, 2021 08:16 AM

This. Adding a 15 minute intermediate jog to my leg day for cool down massively increased my endurance for all my lifts. And means I get to eat more. 100% worth it.

FresnoBobRidesAgain • 2 points • 11 March, 2021 04:09 PM

I like to dance for cardio. In my house by myself. I put on a playlist of songs I love and go for 20-40 minutes. It's

all improv, so that adds a creative/spiritual aspect as well to get out of my head. Plus it's great practice for the clubs.

UpperRedSide • 2 points • 11 March, 2021 04:15 PM

25 - 50 meter repeats! Sprint, then walk, sprint then walk. Great way to get good high intensity cardio without killing yourself. Supplement that with a two miler at an easy pace once a week, like 9 mins per mile, and you're golden. Also, by way of recreational sports, I have a little boxing gym in my basement to practice my kickboxing. It's extremely effective but also enjoyable. Doesn't even feel like a workout until I'm 45 minutes in and covered in sweat.

Protocol\_Apollo[S] • 2 points • 11 March, 2021 07:12 PM

Doesn't even feel like a workout until I'm 45 minutes in and covered in sweat.

Probably the biggest pro to recreational stuff over machines like treadmill/elliptical where each minute feels like an eon.

Cmdrj-nice • 2 points • 11 March, 2021 07:32 AM

What about jogging a mile or 2

SadKnight123 • 2 points • 11 March, 2021 12:54 PM

Running is just bad on the joints if you overdo it or don't use proper form. While doing it you shouldn't feel the impact on the the knees at all... If they are starting to hurt, you're simply doing it wrong. You should aim to absorb them on your thighs and glutes (also all the force to run should come from glutes). The Impact should be always on the muscles instead of joints and ligaments.

Pain can also be a useful guide when you're learning how to run properly in my experience. You change a little thing here and there and slowly gets the right way to move that's right for your body. Always prioritizing being fluid and smooth instead of forcing anything.

chodoboy86 • 1 point • 12 March, 2021 02:08 AM

Spot on. I had a lot of injury issues while I was doing running training. I switched to non-impact cardio, BJJ and gym work. Basically injury free since then and much fitter than when running.

five\_eight • 1 point • 11 March, 2021 01:15 PM

Every couple years I look up how fat leaves the body because its amazing: out through the lungs. Not poop, pee, or sweat, etc. The lungs. You have to do things that increase your respiratory rate above resting to shed fat/calories.

Buhredo • 1 point • 11 March, 2021 02:22 PM

Don't waste energy on cardio before lifting? Is that not how you should warm up?

Protocol\_Apollo[S] • 1 point • 11 March, 2021 07:09 PM

5/10 mins of cardio if you want. But that isn't your cardio of the day done, that's simply a warmup.

I warmup by just doing each movement with low weight.

So for bench, I start with the bar for 10 reps and then increase the weight gradually (maybe another warm up set or two) until my working weight.

Same thing with deadlift, squat and even smaller exercises like curls or triceps press downs. Typically 1-2

sets warmup to get the joints ready.

Pimpjuice2 • 1 point • 11 March, 2021 02:45 PM

How does cardio make you last longer?

zdbkn • 1 point • 11 March, 2021 02:53 PM

Man I really needed to see this. I absolutely love lifting weights but avoid cardio like the plague (which I'm working on).

I've got flat feet and running on the treadmill fucks me up, so I would end up incline walking on the treadmill like OP suggested, but also while doing KB farmer carries. Another option is the row machine. It's primarily back/bis pulling motion, with your legs as a secondary working group, You can make it as intense as you want.

My point is, you can get creative with cardio. It does not necessarily have to be just running. Running fucking sucks lol

Camjd10 • 1 point • 11 March, 2021 02:55 PM

Definitely agree about the steady-state cardio for general calorie burning. As far as abs go, we all know they are made in the kitchen (because you can never outwork your mouth), but abs are like any other muscle and need to be trained like it.

I recommend Anaerobic exercise because it just makes you feel good, like coming out the other side of hell. Stacking yourself with muscle is great but having strong cardio as well completes you. Being able to outlast and outperform other people whether it's in a fitness class, in sports, or where you mentioned above gives you a sense of strength and confidence in your body.

purplecabbage • 1 point • 11 March, 2021 03:33 PM

True story

I stopped lifting 2 years ago and started cycling. My cardio is through the roof, my legs are chiseled and solid, and I'm pretty cut, but.... I've lost upper body strength. Riding 6,000 miles (~10000km) a year will do that. Gonna get back into upper body work with calisthenics to keep the "athletic build" on point for this 48yo. Don't give a fuck if I'm not a beefcake.

DASmetal • 1 point • 11 March, 2021 03:57 PM

Don't overlook kettlebell workouts for your cardio. Kettlebells are tremendously effective and beneficial in your weight loss and strength building endeavors, and help develop the entirety of your posterior chain, improve your posture, arm development, and grip strength. 30ish minutes, and you've done a lot to improve yourself in that workout. Your forearms will be on fire at the end of a solid workout. Plus, they're not burpee levels of hating life as you're doing them.

Substantial\_Buy\_9275 • 1 point • 11 March, 2021 05:13 PM

"- Helps you last longer in bed. Need I say more?"

I thought being shredded makes you last less, and having a higher body fat makes you last longer.

FrenCan16 • 1 point • 11 March, 2021 05:47 PM

I really enjoy putting on my skin suit and showing off my physique road biking around the city. Also, fells

amazing and it's low joint stress LISS.

shittyfuckdick • 1 point • 15 March, 2021 04:02 AM

I used to keep a cycle under my desk while I play RuneScape.

Now I just go for long walks.

Substantial\_Buy\_9275 • 0 points • 11 March, 2021 05:15 PM

Thus cardio= more gains, not necessarily, if you burn a lot of calories and you loose weight/cut to fast you will loose muscle mass, you gotta be careful with it.

Zech4riah comment score below threshold • -7 points • 11 March, 2021 08:44 AM\*

This is bullshit. You should avoid every kind of exercise which doesn't grow muscle. This includes walking up stairs etc. Rather use the elevator that your muscles can focus on growing.

So only focus on lifting. Ask GLO if you don't believe me.

*Disclaimer: I was being sarcastic :D*

a14deadpool comment score below threshold • -11 points • 11 March, 2021 08:16 AM

You don't need all this stuff to last longer in bed. I barely do cardio, I used to be skinny so now I'm just fit in a swimmer type of body, more slim I don't look like a body builder or anything, picture Brad Pitt in Fight Club.

The best way to last longer in bed is to simply masturbate longer, I personally started doing this like 3 years ago, I always edged myself to cum longer than 10 minutes then I automatically simply started cumming after 10 minutes even if I didn't try.

Also who cares that Mr. Potato has no gender? Conservatives get offended by small petty things.

Substantial\_Buy\_9275 • -2 points • 11 March, 2021 05:12 PM

Also mr potato head wasn't cancelled you fucking idiot, the brand name "mr.potatohead" which sells the mr and mrs.potato head toys was renamed to "potato head" and they still sell mr. and mrs.potato head toys.

the brand name was originally mr.potato before there was a mrs.potato head and when they added mrs.potato head they didn't change it, but they are changing it now.

[deleted] 12 March, 2021 08:56 PM\*

[deleted]

jonesyyy26 • 1 point • 17 March, 2021 11:32 PM

Yeah this dude reeks of misinformation. Cardio isn't how you get a fucking six pack lmao. Sit ups and eating less is how you get a six pack.

jonesyyy26 • 1 point • 17 March, 2021 11:31 PM

Cardio is not an ideal way of losing body fat.

TerribleTackle • 1 point • 23 March, 2021 04:02 AM

would you do cardio if you were trying to gain muscle/bulk?

Protocol\_Apollo[S] • 1 point • 23 March, 2021 04:26 AM

Yes.



Cardio doesn't kill your gains unless we are talking about doing crazy amounts of it and/or limited calories. Obviously if you are hard gainer, you may want to think twice doing cardio 5 times a week though. In that case, still do some.