



Which should you do first?

Cardio or Strength? In general, the answer has always been cardio. That's why at XO Fitness we have structured our Jumpstart Training so that clients do their cardio first and then meet with their trainer for strength, conditioning and flexibility.

In a recent article, written by Jonathan Ross and published by ACE Fitness the answer was:

"...the more deeply you look into the question of whether to do cardio or strength first, the clearer it becomes that the only correct answer is: It depends."

Check out this chart developed by Ross, ACE senior consultant for personal training and 2010 Personal Trainer of the Year which takes into consideration your fitness goals:

Fitness Goal	What to do...
Is better endurance performance (i.e., shorter times or better performance when running, competing in triathlons, etc.) your main goal?	CARDIO first
Is your main goal to get leaner or lose weight?	STRENGTH first
Are you mostly concerned with improving strength?	STRENGTH first
Are you doing only upper-body strength training today?	EITHER one first
Are you doing lower-body strength training today?	STRENGTH first (Choose strength alone for serious strength goals.)
Do you have general fitness goals with no emphasis on strength or endurance?	YOUR CHOICE (Do the one you least enjoy first. You'll ensure it gets done and you'll do it when you are less fatigued.)

At XO Fitness, we want you to take time for BOTH cardio and strength. Cardio training should be performed three to five days per week and strength training two to three times per week. If you usually do cardio first, try mixing it up and save it for after strength...see how you feel. Whichever order you prefer is fine for the general fitness goals 😊