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Cardio or Weights?

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As you gear up for the big storm here's some healthy helpful reading material. If you are training at home or in the gym, just starting a workout routine, or if you are looking to make changes to your current routine take the time to read up on this tip.

Do your weights workout first. Experts say weight training should be done first, because it's a higher intensity exercise compared to cardio. Your body is better able to handle weight training early in the workout because you're fresh and you have the energy you need to work it.

Conversely, cardiovascular exercise should be the last thing you do at the gym, because it helps your body recover by increasing blood flow to the muscles, and flushing out lactic acid, which builds up in the muscles while you're weight training. It's the lactic acid that makes your muscles feel stiff and sore.

Exercise physiologist Marta Montenegro, CSCS, SFN, NSCA-CPT suggests that hitting the weight rack before your cardiovascular exercise will lead to better results and more effective strength training work. "When you start your workout with weights, by the time you get to the treadmill or bike your anaerobic energy systems will already be tapped out, meaning your body will have to resort to burning fat to keep your aerobic system going strong, Montenegro says. That means more calories burned, not just in the gym, but after your cool-down, too." She also reminds those with training specific goals to stick to their plans, "like if you're training for a half-marathon. In general, it's best to prioritize whatever's your goal, be it endurance, strength, or even toning a certain muscle group. In fact, one study in the *Journal of Strength and Conditioning Research* found that whichever muscle you train first reaps the biggest benefits."