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Thread: [Thoughts about this workout program and other questions](#)

Machiavellian101 - February 17, 2016, 5:19 am

I am training 5 days a week and weekends rest. I do three days cardio and compound weight exercises and the other two days I also do Cardio but mixed with mostly body weight exercises.

Now I am also into strength training now and I would like know what your thoughts on the 5*5 strong lifts program compared with other exercises such as 3 sets of 6 - 8 reps heavy? At the moment I am leaning towards the latter as this will tear muscle and the fact that the strong lifts program comes from the 1950s and so that might be a bit dated now.

Also a lot of times I train with someone else and we struggle on the last 1 or two reps we gently help each lift all the way. I think this is called buffering in weight lifting terms.

Also do you think I am doing too much of something and not enough of something else?

Wallet - February 17, 2016, 7:30 am

Cardio won't help towards strength gains, rather counterproductive to be honest, they don't go hand in hand. You eat to be big and to fuel your workouts and recovery, why burn off excess calories in your system that is supposed to pack on mass? It's like spinning your wheel.

In my current regime I do one set with an high RPE (Rated Perceived Exertion).

RPE 9 means that I could have done one more rep, RPE 7 means 3 more reps in the tank etc. On my main exercises of the day I do my squats, deads, bench with ONE set for an RPE 9-10, and backdown sets with 3x6-8 with an RPE 8s on the last set. So push yourself hard for one set, do 2-3 backdown sets with an RPE 8 on last set.

I am just introduced to this way of training and I love it. I feel more fresh when I leave a little in the tank, and it's easy to gauge progress. Going to absolute failure is something I do once a week, but not to the point where my training buddy grabs the bar.

frostbite - February 17, 2016, 8:39 am

(Feb 17, 2016 08:30 AM)Wallet Wrote: [\[CITE\]](#) Cardio won't help towards strength gains, rather counterproductive to be honest, they don't go hand in hand. You eat to be big and to fuel your workouts and recovery, why burn off excess calories in your system that is supposed to pack on mass? It's like spinning your wheel.

I actually recommend cardio, especially on a bulk. It's good for the heart ;) I speed walk for 100 calories a day but I tack on an extra 700 calories for the week too make up for the lost calories.

Machiavellian101 - February 17, 2016, 10:00 am

Okay but what about the strong-lifts program vs the other one or would you say this doesn't really matter?

Cryptic™ - February 17, 2016, 10:01 am

I'm currently doing the 5x5 program. I go to the gym every other day.

5x5 is really good..

Before this I did Candito for 4 months, that's a very intense program.

Marxist - February 17, 2016, 10:17 am

(Feb 17, 2016 11:00 AM)Ekmete Wrote: [\[CITE\]](#) Okay but what about the strong-lifts program vs the other one or would you say this doesn't really matter?

Depends on your goals and what you want to look like. Strong Lifts 5x5 is a cult program, it is not the go to answer for everyone as people here seem to make it out to be lol

shreder - February 17, 2016, 10:23 am

Cardio is good no need for anything above 20 minutes. Anaerobic Activities can increase capillary density and circulation which is good getting nutrients to the tissue fluids.

Wallet - February 17, 2016, 11:00 am

All depends, this is all personal preference, personally Ive never liked cardio when strenght training.

OrgX - February 17, 2016, 11:14 am

If you're looking to lose weight this is a good workout program, 5x5 is a great program for strength but won't get u a lot of mass

Machiavellian101 - February 17, 2016, 1:42 pm

Another thing I should have added is that I haven't really got some plan I could stick to properly and not sure if I am doing too much. What I did today was spend an hour and a half starting with light carido as warm up and then working every single muscle group in the body. I think if I am going heavy then I should probably do only 3 days with one day focusing on upper body only, the 2nd day lower body and then 3rd day core.

(Feb 17, 2016 12:14 PM)Orgx Wrote: [\[CITE\]](#) If you're looking to lose weight this is a good workout program, 5x5 is a great program for strength but won't get u a lot of mass

Building muscle mass is to do with tiring the muscles so they become stronger in the long term right?