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Thread: [Cardio - Sports](#)

RVR1907 - May 9, 2024, 12:23 pm

Do you like to play sports as a form of cardio?

I do 4 days of weightlifting per week, and I allocate another 2 for cardio. When I'm in Europe I prefer to play football and tennis, while in Thailand muay thai and sometimes badminton.

Chung - May 10, 2024, 10:40 am

How often do you travel to and from Europe / Thailand?

I'm similar in terms of I do weightlifting about 3/4 times a week. This is mainly because I love eating junk and drinking fizzy drinks / soda!

I hate cardio. I hate running but i love playing football. I don't see football as cardio though so I don't mind that.

Eran - May 20, 2024, 5:00 pm

Not a fan of cardio but recently I've been implementing it into my everyday routine since summer is coming up and ofcourse I am looking to burn off some extra calories.

L?G?ND - May 21, 2024, 2:05 pm

I'd rather play sports as a form of cardio, rather than perform cardio exercises as punishment.

banefuldrummer - August 31, 2024, 1:25 pm

I used to do muay thai as well. Great sport and great form of cardio too.

DeltaNox - September 1, 2024, 2:38 am

I have a love-hate relationship with exercise. I've done sports from I was young since I was a kid from gymnastics, swimming, jujutsu, kickboxing, running and weight lifting. The problem is that eventually I always get bored of it and quit doing it for long periods. But whenever I do get into a sport I get too obsessed with it doing it several hours each day until I reach my limits. But that obsession also drives me to do too much with me ending up getting bored of it and quitting. Right now I'm pretty much inactive.

Last time I did a form of exercise was weight lifting. But I've come to an age were building muscle and lowering fat percentage has become more difficult. Not reaching my full potential like I used to in the same amount of time, and looking at all the bodybuilders that are younger with amazing bodies have left me unmotivated to continue the process.

stark1337 - September 21, 2024, 1:04 pm

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