

Forum: [Hack Forums](#)

Thread: [Strength vs Stamina](#)

plops - October 4, 2025, 9:24 am

What are your thoughts?

When I was younger it was all about strength and power. Not even size (though that helped with the vanity). No cardio.

Now as i creep into my mid 30's ive realized theres been a slow transition - I jog before every workout. Weight is lighter most weeks and i focus on high strain/high repition count.

I don't think I look different aesticly. Maybe its old man patince. My joints are healthy but I also don't want to risk blowing out my knees.

Aeowulf - October 4, 2025, 9:50 am

Combination is best, with strength taking the overall. If you can break someone before anyone can outlast something, that wins out. Though stamina is also a great thing if you're strong enough to hold out.

JoshAllen - October 4, 2025, 6:43 pm

You should always work on both, but I personally think stamina is the most important.

You may be strong, but you won't win if you can only swing 3 punches and the person still has energy.

? sentient ? - October 5, 2025, 1:35 am

(Oct 4, 2025 09:24 AM)plops Wrote: [\[CITE\]](#) What are your thoughts?

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Other than bulletproofing your joints, such as knees, feet and hips, shoulder/elbow/hands I think stamina is the most important.

So I would definitely put joint health over stamina and stamina over strength. Reason being that if you don't have healthy joints, then everything comes down crumbling and you can't really sustain either strength or cardio workout without constantly hurting yourself.

You can always unlock more strength from tapping into your fascia's elastic potential / through efficiency. Can also put up a lot of muscle if you really want to fast.

With that said, I think it's all connected. Even if strength comes last, behind stamina and joint health, you must do some kind of strength training (or some form of progressive overload) to have

healthy joints, and you must have healthy joints in order to do any serious cardio.

WraithTools - *October 5, 2025, 4:34 am*

Do test, do lots of reps, look shredded, get bad bitches.

plops - *October 5, 2025, 7:20 am*

(Oct 5, 2025 04:34 AM)WraithTools Wrote: [\[CITE\]](#) Do test, do lots of reps, look shredded, get bad bitches.

Ha yeah, when my cash flow is more positive and I near my 40s, ill head to a mens clinic and get put on. Tried it test when I was younger and felt great.

CryptoMancer - *October 8, 2025, 6:53 am*

The older I get the more strength I have I think it has something to do with bone density increasing with age.

sharn - *October 26, 2025, 1:08 pm*

Strength helps me lift heavy things.

Stamina keeps me going longer.