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Hackers - February 9, 2026, 6:08 am

I started today with some chest workouts and was struggling hard on some weights I am used to. After 9 sets (3 sets of 3 workouts) I went to the stairs machine and did that for 5 minutes. Then I did a speed walk on the incline for 20 minutes, with 4 minutes of running on incline mixed in.

After that, I went back to the 3 types of workouts and knocked out 2 sets on each.

The difference was like molasses and melted butter.

I always knew this, but today I wanted to put it to the true test. Can I work out and lift more at the end of my session, if my HR is higher than when it was super low at the start? i had gone in super super tired but after treadmill & stairs I was feeling more awake. So I gave it a go and sure enough, the proof was in the pudding pushing.

Do you stick to a strict cardio/warmup routine before lifting or just get right to it? I can't see myself starting with lifts after this because it was such a drastic difference in my strength

R5N3T - February 9, 2026, 6:29 am

That makes sense. A proper warm-up and some light cardio can really wake the body up and improve strength. I usually feel way stronger once my heart rate is up too.