



Ask a Trainer

HOW MANY DAYS PER WEEK TO WORK OUT

Goals, experience, and available time will dictate how much time you should be spending working out.

If you are a beginner, it is best to start out with 3 days a week. You will need ample recovery time as your muscles adjust to the challenges being placed upon them.

Once you progress, you can choose to continue completing 3 days a week of strength training and supplementing the days in between with cardiovascular exercise such as jogging or biking. This type of layout would be ideal for a general fitness program.

[Click to read the rest and more simple exercise and nutrition advice, free](#)