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## is to much cardio bad?

Posted by chrisinfinity - 2008/06/29 16:35

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first i do my p90x then i do 200 crunches everyday and then i run on my treadmill on the weightloss workouts. I run for 1-2 miles and i loose about 300-400 calories a day on my tradmill

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## Re:is to much cardio bad?

Posted by chrisinfinity - 2008/06/29 16:37

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also i do it for 30-40 minutes a day and should i do it 5 times a week?  
ill give my self a break on the bicep days after the plyometrics cause ill be sore

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## Re:is to much cardio bad?

Posted by Krantze\_ - 2008/06/29 21:18

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If you can handle it...There's no such thing as too much cardio.

There are people who run more than me or you can even imagine. Like 100 miles a day. So no what your doing isn't bad whatsoever.

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## Re:is to much cardio bad?

Posted by Les - 2008/06/30 07:39

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Good job on staying focus.  
Cardio is great, the more you can do the better.

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## Re:is to much cardio bad?

Posted by Iskarp - 2008/06/30 11:37

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Careful though... I am working my way out of the 'Burn Out' stage!

I went 150% for 90 days, then I pulled back a bit, working hard 2-3 days only now to maintain...

I am pulling up the straps for Round 2, but lean this time...

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