

Cardio vs Strength Training: Which Burns More Fat?

Primary keyword: cardio vs strength training for fat loss

Read time: 7 min read

Quick summary

- Cardio burns more calories during the session, but strength training protects muscle.
- The best fat-loss plan uses both instead of forcing a false choice.
- Your schedule, recovery, and adherence matter more than the debate itself.

Balanced weekly fat-loss split

Monday: Strength - Full-body workout with squat, push, hinge, row, and core work.

Tuesday: Cardio - 25 to 35 minutes brisk walking, cycling, or incline treadmill.

Wednesday: Strength - Second full-body session with progressive overload.

Thursday: Light activity - Walking, mobility, and an earlier bedtime.

Friday: Cardio intervals - Short interval block or a moderate conditioning workout.

Saturday: Optional strength - Third lifting day if recovery and schedule allow.

Sunday: Recovery - Rest, stretch, and prep the next training week.

Practical tips

- Use strength training as the backbone of the week if you want a leaner look, not just lower scale weight.
- Walking is often the easiest cardio habit to maintain year-round.
- If recovery is poor, reduce intensity before reducing consistency.
- Measure progress with photos, waist changes, and performance, not only calories burned on a watch.

Conclusion

Cardio burns more during the workout. Strength training helps you keep the body you want while losing fat. The best answer for most people is both, used with intention.

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<https://fitwellbody.com/insights/cardio-vs-strength-training-which-burns-more-fat>