Is it OK to work out two days in a row?

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Cardiovascular conditioning can be performed on consecutive days.

Strength training produces best results with 48 to 72 hours between workouts. Split training (working only one or two muscle groups per day) is an exception.

Cardio and strength work may be done on the same day. Don’t forget rest days. They are crucial for injury and burnout prevention.

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http://beta.docker.poz.com/article/work-out-two-days