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Strength training will make your core better able to support your body's weight, maintain ideal form during other exercises (especially running) and result in more powerful arms and legs. Stronger muscles mean better performance - period. To torch calories. Cardio's benefit: When it comes to calorie burning, cardio has the slight upper hand. You can burn 8-10 calories per minute doing strength training, compared with 10-12 calories per minute running or cycling.

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