

# Download Building Strength & Stamina

In order to advance to learning more difficult steps, you'll need to invest in strength and stamina FIRST. Or at least work on it concurrently. The best way to build strength and stamina is to do weight training, resistance training, isometric training and aerobics. All of...Swimming: Build Strength And Stamina. Swimming. Is this the perfect workout? It is a low impact, cardio exercise that works all the muscles in your body and it can be done by everyone. But that's only a small part of the endurance-building equation. "You also need to improve your strength," notes Torres. "You also need to improve your strength," notes Torres.