

## Ben's Top Seven Calorie Burners

Not having time to exercise is no longer an excuse. Just 30 minutes of any of these exercises will shoot your fitness and fat burning level's sky high!

1. **Sprinting** – Sprinting (Interval Training) not only burns HUGE amounts of calories while sprinting, it also keeps your metabolism flying for days after. Sprinting combined with running / jogging / bike riding can bring amazing results.
2. **Skipping** - This is one of the simplest, yet most effective exercises one can do. In just 15 to 20 minutes, skipping will give you an unparalleled total body workout. Skipping is ideal for cardiovascular endurance and enhances performance in virtually any sport - tennis, basketball, football, skiing and more. This simple exercise is also great for eye-hand coordination, lateral movement, foot and hand speed and agility.
3. **Bicycling** - Stationary or outdoors bike riding is a great cardio exercise, depending on resistance and speed but can burn up to 250 to 500 calories in 30 minutes.
4. **Swimming** - is an excellent cardio exercise as it is a full body movement. Doing the breast stroke can burn approx. 400 calories in 30 minutes.
5. **Rock Climbing** – Rock climbing is not only a cardio exercises, but also uses arm and leg strength and power. Rock Climbing can burn up to 380 calories in 30 minutes.
6. **Rowing** - is both a cardio exercises as well as giving your arms an incredible workout. 75kg person can burn about 300 calories in 30 minutes.
7. **Walking** - Brisk walking is a less strenuous form of cardio exercise but still very effective. Walking can burn up to 180 calories in 30 minutes. Sand walking or adding hills or stairs can increase amount of calories burned.

So there we have it! Pick your favorite exercise on the list, and in 30 minutes, you'll be on your way to feeling and looking fantastic this summer.

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