



The Skinny on Cross Training

- More rain in the forecast?
- Can't get to the track?
- Too busy to drive to the gym?
- A little sore from walking or running?

Consider two different styles of cross training – or other workouts designed to burn maximum calories while building and strengthening other muscle groups. This is an ideal complement to a walking and running routine!

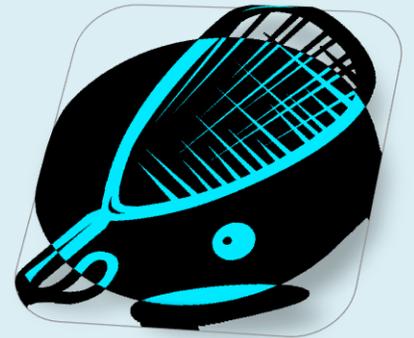
Mix it up with intervals, or shorter 15 minute periods of different cross training exercises:

Slow & Steady Cardio

- Longer period of time, usually between 45min – 60 minutes
- Lower heart rate and intensity
- Target fat burning
- Heal or take pressure off of joints
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High Intensity Cardio

- Short duration (20min - 30min)
- High intensity (interval training)
- Burn tons of calories & rev up your metabolism throughout the day
- Treat cardio like weights - explosive movements (sprinting, etc)



Slow & Steady Cardio Exercises That Burn the Most Calories

Below are the top 10 cardio exercises which burn the most calories in 30 minutes.



1. **Zumba Dance or Step Aerobics** = fun cardio = approx. 400 calories
Academy of Dance and Music (Judyth Parks) offers classes across from HTS!
2. **Bicycling** - stationary or outdoors = 250 to 500 calories
3. **Swimming** - targets full body motion and breast stroke = 400 calories
4. **Racquetball** – builds pivoting skills = 400 calories
6. **Cross-Country Skiing** - machine or outside = 330 calories
7. **Running** – low maintenance (outside or in) = 300 calorie
8. **Elliptical Trainer** – build strength and cardio = 300 calories
9. **Rowing** – build arm, back and leg muscles and burn 300 calories
10. **Walking** –burn 180 calories, more with hills and sprints.

High Intensity Cross Training that Burn Calories:

1. **Jumping Rope** – just 15 to 20 minutes builds cardio, coordination and speed
2. **Sprinting** – tremendous calorie and metabolism builds
3. **Spinning** – targets muscle and endurance build while maximizing cardio
4. **Running stairs** – easy to find and builds a quick lunchtime workout in any office day!