

Alternative Cardio Workouts

1 Battle Ropes
112 calories* / 10 minutes

2 Swimming
150-280 calories* / 30 minutes

3 Group Fitness Classes
300-500 calories* / 60 minutes

4 Kickboxing
600 calories* / 60 minutes

5 Kettlebell Swings
400 calories* / 20 minutes

6 Metabolic Resistance Training
370 calories* / 20 minutes

7 Hiking
100-200 calories* / 60 minutes

8 Climbing Stairs
360-500 calories* / 60 minutes

9 Dance Classes
350-650 calories* / 60 minutes

10 Soccer
260-300 calories* / 60 minutes

**Estimated calories burned; results will vary based on body type, intensity of workout, and other factors.*