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# AIFA – Fitness Artificial Intelligence

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# Burn Fat Like Crazy With 3 Unconventional Cardio Styles!

Traditional cardio can be boring, unproductive cardio. Stop walking the treadmill like a zombie and try these alternative workouts that scorch fat and build strength!

by [Shannon Clark](http://www.bodybuilding.com/fun/sclark.htm)   
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BANNER BODYWEIGHT

If you're tired of slugging it out on cardio machines with minimal results, it's time to re-evaluate your fat-loss formula. Forget what you think you know about steady-state cardio and fat-loss training programs. Implement alternative exercises that produce powerful results.

The new wave of cardio exercise is upon us. There's no reason to get bogged down on traditional gym equipment. Instead, try out bodyweight routines, plyometrics, and CrossFit-inspired rounds for time. These alternatives cut through calories like a broadsword through butter, challenge your balance, improve your agility, and develop functional strength.

### 1 / Bodyweight Movements CLICK TO SHOW

Bodyweight conditioning routines are great because they provide just enough resistance to avoid interfering with your lifting program. You can easily incorporate bodyweight workouts on off days from your lifting regimen.

When blasting through bodyweight exercises, you want to complete a circuit of movements with a high rep count for each exercise before moving to the next exercise. Aim for 20-30 reps of each exercise, and rest for 90-120 seconds after each circuit. Repeat each circuit 3-5 times. Maintain good form throughout the exercises to prevent injury.

<iframe width="560" height="315" src="H//www.youtube.com/embed/hEMcHVwzHPA" frameborder="0" allowfullscreen></iframe>

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Loss-ingredients.jpg

#### 5 ingredients for the perfect fat loss circuit

Too often, metabolic circuits are little more than a mess of randomly paired movements. Here's the formula for a precise fat-loss workout that will test your limits while providing results!

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#### [Gym Hacks You Need To Know](http://www.bodybuilding.com/fun/7-gym-hacks-you-need-to-know.html)

Think outside the box, and your reward will be a better, more efficient workout. Use these 'hacks' to your advantage to become the envy of the weight room

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#### [Smart Dumbbell Lifting: Iso-Dynamic Training](http://www.bodybuilding.com/fun/smart-dumbbell-lifting-iso-dynamic-training.html)

Isometric training can be difficult and tedious, but you can reap its benefits with this overload technique. Pick up two dumbbells and start moving one of them!

SECTION

FIGURE

Hit.jpg

#### [HIIT Can Get You Huge, Especially If You Are A Meathead!](http://www.bodybuilding.com/fun/hiit-can-get-you-huge-especially-if-you-are-meathead.html)

The cardio devil details the effectiveness of HIIT cardio, breaking it down to the cellular level. Learn all you need to know about the science of slim.

SECTION

FIGURE

Hit.jpg

#### 5 keys to doing high-intesity intervals the right way

Cardio may be boring, but at least you'll burn far more calories when you follow these 5 rules for making HIIT workouts vastly more effective.

SECTION

FIGURE

Mistakes-back.png

#### 5 Mistakes Holding Back Your Gains

Don't let your muscle growth be limited by gains-killing mistakes. Easily dodge these 5 common roadblocks with MVP tips from the Twinlab Muscle Militia!

SECTION

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#### [new](http://www.bodybuilding.com/fun/burn-fat-like-crazy-with-3-unconventional-cardio-styles.html) one to put here