

Alternative Fat Burning Workouts

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Whatever you enjoy doing.

- Swimming

- Hiking
- Martial Arts
- Soccer
- Yoga
- Dancing
- Biking

You don't have to hit the pavement everytime you need a cardio workout. Perhaps take a martial arts class a couple times a week or even try skipping. Heck, skipping burns more calories than running anyway.

With so many viable alternatives that will help you burn that belly fat and get in shape, there is no need to limit yourself to just running.

Be creative and you wont find yourself losing motivation because you're bored of the same routine.