



## **Super Ways to Workout Outdoors**

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Having just returned from a week-long vacation to Myrtle Beach, I have plenty of ways to workout outdoors and several that I participated in! From bike riding, rafting, rock climbing, and beach workouts to runs, scuba diving, swimming, and hiking, there are plenty of high calorie burning workouts you can enjoy while taking in some fresh air! The best part about these workouts is that there is variety, which will help eliminate workout boredom. So now let me share my ways to workout outdoors to see optimal results and have fun!

### **1. Hiking Is a Great Calorie Burn**

Hiking is a great way to explore the outdoors, be challenged, and have fun. I enjoy hiking at different mountains to experience new sights. In just a 30 minute session hiking, you can burn anywhere from 200-500 calories, depending on how much you weigh and the difficulty of where you are hiking. This tops my ways to workout outdoors because this is for all fitness levels.

### **2. Ready for a Great Run**

Running is such a great workout, not only because it burns between 600-900 calories an hour depending upon your weight, but also because it is a great way to workout outdoors. You can challenge yourself with hilly runs, longer distances or even run intervals for optimal weight loss. If you seek support on your runs, recruit a friend to join you to chat while the miles seem to speed by!

### **3. White Water Rafting Is An Adrenaline Rush**

Enjoy the great outdoors while rafting with some friends. This is much more fun than being stuck in a gym and this is a great upper body workout, burning approximately 350 calories an hour. You also work your core because of all the effort of balance while rafting!

### **4. Scuba Diving Is Challenging And Ultra Rewarding**

Scuba diving is one of the highest calorie burning exercises for extreme fitness, burning between 700-900 calories an hour. This workout takes a great deal of endurance and strength and is a lot of fun because you can exercise in your bikini!

### **5. Rock Climbing Rocks**

Okay, the rock climbing I have done so far is usually in a gym or at the boardwalk, but I anticipate to do the real deal in the future. Rock climbing is an extreme upper body workout, burning approximately 500-600 calories in one challenging hour. The gear is a budget breaker but you can always look to local schools to rent equipment to save some money and not break your budget!

## 6. Beach Workouts Are Hot And Difficult

Create your own beach workout that includes sand sprints (sprinting 20 seconds, followed by 20 jumping jacks, 20 jumping jacks and 20 push-ups). Add in a ¼ mile swim (if swimming in the ocean is your strength) and repeat 5 times. By creating your own beach workout, you can challenge yourself to a dynamic workout based on your own fitness level.

## 7. Trail Bike Riding Rocks

Trail biking is definitely an adrenaline rush and it strengthens your butt and thighs, burning 450-600 calories in an hour. Are you up for the challenge? Well get ready to push yourself to the limit and power up the hills. Enjoy the burn for great results while enjoying the outdoors!

Now that you have some great workout ideas that are ultra effective, what workout will you try first?