3 Calorie Crushing Cardio Exercises

So, it’s your freshman year and you’ve heard about the “Freshman 15” where allegedly you will be packing on a whopping 15 pounds. How about we prevent that from happening by starting the semester off right with some cardio. These exercises are sure to get your heart rate up and burn off some of that fat.

**Burpees**
Burpees are nothing new, however, they are still effective, especially when used in a High Intensity Interval Training routine.

**Steps:**
- Start in a push up position
- Quickly bring your knees to your chest and simultaneously push your upper body off the ground with your arms.
- Lastly, instead of just standing up, jump up with your arms in the air.

**Stair Climber**
If you’ve always wanted to walk up the down escalator, this machine is for you. All you have to do is get on the machine, choose an interesting setting (might I recommend Intervals), and set your time. This is great for allowing you to work at your own pace and for a time that works great for you.

**Jump Rope**
Who would have thought that such a simple piece of equipment (or toy) could make this list? Jumping rope is a great cardio exercise because it requires so much motion. Then, there is the fun factor which helps the minutes of tiresome jumping pass by as you challenge yourself to get to 100 or 1000 consecutive jumps. You can even speed it up or throw in some skill for agility.