



BURN IT

Kilojoules per hour (kJ/hr) mentioned here are based on a 70kg woman.

15

WARM WEATHER

WORKOUTS

Start shaping up for summer with gym-free ideas from fitness editor **Martha Lourey-Bird**. So good you won't even realise you're exercising!

SWIMMING LAPS

= 440KJ/HR AT MODERATE PACE

BONUS BENEFIT: It's a great total body workout. The aim is to swim continuously, so try not to stop at the end of each lap. Vary your pace and try different strokes to work different muscles. You can also use kickboards, paddles, noodles and flippers.

SCENIC WALKING

= 440KJ/HR AT MODERATE PACE

BONUS BENEFIT: It's a great low impact exercise and so safer on joints than running, effective for fat burning and also tones your legs and glutes.

OUTDOOR CIRCUITS

= 620KJ/HR AT MODERATE PACE

BONUS BENEFIT: It burns fat, tones muscle and you don't need fancy equipment. Alternate cardio stations (skipping, marching or jogging on the spot) with resistance exercises (squats, push-ups and sit-ups). Spend 30 – 60 secs on each station and continue the circuit non-stop for at least 20 mins.

ROWING

= 470KJ/HR AT MODERATE PACE

BONUS BENEFIT: Rowing, paddling and kayaking are fantastic cardio workouts to tone and strengthen your upper body, giving your lower body a break.

SURFING

= 360KJ/HR AT MODERATE PACE

BONUS BENEFIT: Using your body or a board, surfing is the ultimate fun workout. Not so confident? Book a few lessons. Paddling works the upper body, kicking the lower, while steering a board helps work core stability.

BIKE RIDING

= 470KJ/HR AT MODERATE PACE

BONUS BENEFIT: Low impact so easy on joints, cycling can burn more kilojoules than walking. It tones your calf muscles, thighs and glutes while supporting your back and body weight.

RUNNING

= 770KJ/HR AT MEDIUM PACE

BONUS BENEFIT: Want more bang for your buck? Running is a time efficient way to train as it burns lots of kilojoules quickly. Wear decent trainers, start small and increase distance gradually.

TENNIS

= 470KJ/HR PLAYING SINGLES

BONUS BENEFIT: It's a fast-paced sport that gives an all-over workout, exercising muscles when you hit the ball and cardio system when you run around the court. Play it competitively, socially, get lessons or join a local club.

WATER SPORTS

= 310KJ/HR AT MODERATE PACE

BONUS BENEFIT: The water offers so many exercise options – from water polo to aqua aerobics. It's a no-impact exercise that works your entire body. Being in the water disguises the effort factor, so it doesn't feel like you're working as hard as you are on land.

CRICKET

= 360KJ/HR

BONUS BENEFIT: Summer is cricket time whether it's in the backyard, at the beach, at the park or playing competitively at a local club. Stay active and involved by taking turns at batting, bowling and fielding.

FRISBEE

= 250KJ/HR

BONUS BENEFIT: Simple free summer fun the whole family can enjoy. Take one with you to the park or beach and work your upper and lower body.

GOLF

= 440KJ/HR

BONUS BENEFIT: Invest in lessons so you can add golf to your list of options. Walking the 18 holes or practicing your swing at the driving range both work on flexibility, strength and core stability.

FOOTBALL

= 560KJ/HR

BONUS BENEFIT: Any kind of football is an effective way to tone up and burn fuel. Touch football, soccer, rugby, or any sport where you run up and down a field means you're getting a decent cardio and leg workout at the same time.

COURT SPORTS

= 610KJ/HR

BONUS BENEFIT: Netball and basketball both work your cardio system, while sharp movements passing or bouncing the ball utilise lower and upper body muscles. Can't join a team? Shoot as many hoops as you can for 30 secs, run up and down the court for 30 secs, then repeat.

SKATING

= 390KJ/HR

BONUS BENEFIT: Rollerskating or rollerblading are wonderful workouts for your legs and core. Go hard and fast over a short distance or do a longer distance more slowly. Better still, alternate between the two. [www](http://www.weightwatchers.com.au)