



“A recent study named the elliptical trainer the least accurate when it comes to calorie counting, with most machines overestimating your burn by 42 percent,” says Jay Cardiello, SHAPE fitness editor-at-large.

So what does work?

In another NEW study, Spanish researchers compared just [2-minutes of interval training](#) against slow cardio. Results showed that the interval training workout improved insulin-sensitivity better than cardio...and that is an indication of better health results from intervals.

Here's an example:

Do 30 seconds of the following:

- Bodyweight squats – prisoner style (hands on head, elbows squeezed back)
- Jumping Jacks
- Push ups
- Stationary sprint
- Plank

Repeat 3-5 times

Give this a try and tell me that body weight training doesn't get your heart pounding as much or more than doing a boring treadmill workout. The additional benefit is that you'll increase overall body strength and avoid over use injuries associated with lower body dominant 'traditional' cardio too. Win – win!