

## My Top 15 Non-Traditional, Muscle Building, Fat Scorching Workouts

If you have been a subscriber to my newsletter for some time, you know that I'm always trying to give you ways to make your workouts more interesting and fun, while also stimulating big-time results. Don't you agree that your training should be fun? This is what separates the people who jump on and off the "fitness bandwagon" a couple times every year without ever making any real progress from the people that actually adopt a true fitness lifestyle and finally achieve the body they have always wanted. Make it interesting, make it fun, and make your fitness a priority, and you'll have the body that you want. What I have noticed over the years is that many people will train regularly for a few months and then will either get bored with the same old weight training and cardio routines, or will get discouraged because their progress comes to a grinding halt after a while. In my opinion, I don't think your workouts ever need to get boring or stale. You just need to have an open mind to the huge world of various training styles and techniques that are out there. Seriously, there are so many different and fun training styles out there, that there is no reason you should ever get bored with your workouts and give up on that lean ripped body that you've been looking for. Also, mixing in various training styles builds stronger joints by reducing repetitive movement pattern overload and varying your training stressors. Now before I start with some of my favorite non-traditional training styles, I will state that I think one of the best ways to achieve a lean, muscular and healthy body is through a consistent weight training routine with free weights. You can choose to integrate some of these alternative training techniques with your weight training routines on the same day, as alternative workouts on separate days of the week, or even as separate training cycles where you try some of these techniques for several weeks at a time before cycling back to a traditional weight training workout. Try some of these training styles out and you'll be on your way to never being bored again with your workouts...and your body will thank you with muscles popping out that you never knew existed! Alright, here are some of my favorite non-traditional training techniques:

1. Staircase Workouts - This is great because stairs are everywhere. You can go to a football field and do stadium stairs, any building that has stairs like a hotel (most people take the elevator, so you will not even have many people looking at you while you're working out), or even the stairs in your own home. For an awesome full body workout, try mixing stairs sprints with an upper body exercise like pushups or pull-ups. If done with a high enough intensity, stairs workouts help to create changes throughout your entire body due to the muscle building and fat burning hormonal response and metabolism increase that you get through working the biggest muscle groups in your entire body. If you thought that going up and down the stairs was the only way to get a good stairs workout...think again. My fellow trainer and friend, Virgil Aponte, has developed a website that focuses on creative stairs workouts using all kinds of exercises you never would have thought of before. You can find out more info on stairs exercises workouts at my 'fitness products' page at [truthaboutabs.com](http://truthaboutabs.com) at the link below.
2. Wind Sprints and Hill Sprints - Find any open field in a park or athletic field and try 50, 75, and 100-yard all-out wind sprints. After each sprint, rest long enough to catch your breath before the next one (generally 1-2 minutes). Try workouts of anywhere from 6 to 20 wind sprints for a great "cutting" workout. Also, if you have a hill nearby, hill sprints are also great workouts. Sprint up the hill as fast as you can and walk down for your rest interval. Repeat until you're whooped (a 20-30 minute hill workout is plenty). These sprint workouts are so amazingly effective at changing your entire body for the same reason as stairs exercises...by powerfully working the biggest muscle groups in your entire body, you greatly stimulate your metabolism while simultaneously increasing your fat burning and muscle building hormones. Just look at any world class 100-meter sprinters and notice how ripped-to-shreds those guys are. Now compare that to the emaciated weakling physiques of many marathoners, and you'll see that sprinting is where the action is at for a healthy, ripped, powerful body! Now I don't want to upset all of you distance runners out there. Hey, if distance running is something you enjoy, then go right ahead. But don't say you're doing it for the health benefits, because I might just have to disagree. You can read my full story on why I believe variable intensity training is far superior to steady-state endurance training in one of my other e-zine articles.

### About the Author

Here are free muscle building and fat loss articles from trainer and bodybuilder Shawn Lebrun you can use to build muscle.

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