

# Top 4 Physical Exercises That Burn the Most Calories

There are several physical exercises that help burn calories quickly, the amount of calories you will burn depend on the duration of the exercise, pace, intensity, and your [BMI](#).

## **#1 Running**

According to Healthline, running is the most effective way to burn 652 – 965 calories per hour if your weight ranges between 125 – 185 lbs.

## **#2 High-knee running**

Calories burned in 30 minutes: 240 to 355.5  
<https://youtu.be/QPf0Z0e30xg>

## **#3 Butt kicks**

Calories burned in 30 minutes: 240 to 355.5  
[https://youtu.be/kRR1i9btd\\_w](https://youtu.be/kRR1i9btd_w)

## **#4 Mountain climbers**

Calories burned in 30 minutes: 240 to 355.5  
<https://youtu.be/QMc0VQNZKvw>