What is the best low intensity steady state cardio for fat loss?

Unlock the secret to sculpted perfection with LISS (low intensity steady state) cardio, the bodybuilder's ultimate fat-burning tool. This low impact cardio melts away even the most stubborn body fat while keeping your hard-earned muscle intact. Say goodbye to the fear of losing muscle and wave hello to a shredded physique that turns heads in and out of the gym.
There are many options for LISS cardio, but some are more effective than others. Below, we have listed our favorites, in order of effectiveness. Choose wisely for maximum fat-burning results, and get ready to burn, baby burn! We have created an Amazon shopping list of home cardio equipment options for ease. Of course, you do not need to purchase any of these! We only suggest them to make your life easier, if it fits your budget.

amazon	amazon	amazon	amazon
US customers CLICK HERE	UK customers CLICK HERE	AUS customers CLICK HERE	CAN customers CLICK HERE

The cardio options below are listed in order of efficacy for ease of fat burning. Where you can, choose from the top for the most effective cardio option. It does not mean that the ones at the bottom of the list are not effective. It simply means that it's easier to get into the fat burning zone quickly with the ones closer to the top.

1. **STAIRMASTER**

   When it comes to LISS cardio, the Stairmaster is our No.1 choice for being the most effective. It gets you straight into the fat-burning zone with the continuous climbing motion, elevating your heart rate quickly as you engage the legs, glutes, and core to boost calorie burn and cardiovascular conditioning.

GUIDE CONTINUES

I use my Stairmaster on level 6 to get a sweat on and pump my arms rather than holding on to the handlebars or leaning over the machine. Tip: The higher the step, the harder your muscles must work.

2. UPHILL TREADMILL WALKING

Walking on a treadmill set at an incline is another excellent way to quickly elevate and keep your heart rate in the fat-burning zone. Uphill walking intensifies the workout by targeting the hamstrings and calves, boosting calorie burn more than a flat treadmill. In the beginning, as a competitive bodybuilder, I rented a treadmill inexpensively to roll out of bed in my pajamas and get it done with zero excuses. For my last stage prep, I bought a treadmill AND a stairmaster! I was committed to this journey in the long term, so it seemed a worthwhile investment. And it was!

3. ELLIPTICAL

The elliptical machine simulates movements akin to running, walking, and stair climbing while significantly reducing impact on the joints, making it an excellent option for LISS. The gliding motion engages both the upper and lower body and the core. Choose a challenging but doable resistance and then increase that incline. When you increase the incline, you mimic the effort it would take to run up a slope. The higher the incline, the steeper the slope, and the more you work your glute muscles.

4. FLAT TREADMILL WALKING

Flat treadmill walking is a great fat-burning option while gentle on the joints. Just choose a speed challenging enough to get your power walk on. To get quickly into your fat-burning zone you may have to walk fast or jog for the first couple of minutes until you raise your heart rate high enough, and then you should be able to drop the intensity down again to maintain. A foldable treadmill can be a great investment as they are easy to store and more affordable than a larger treadmill.

5. FOLLOW ALONG LISS CARDIO WITH HEAD TRAINER LAURA

Find cardio boring? You're not alone! That's why Head Trainer Laura Hutchinson has recorded follow-along cardio workouts, especially for those who need a little more motivation. Dance along with Laura, performing the aerobic routine options that best suit your fitness levels to keep you firing through your fat-burning zone. Leg warmers are optional.

6. POWER WALK OUTSIDE

An outside power walk is the perfect zero-cost cardio option, but you will have the weather and your local terrain to contend with. Depending on where you are in the world, you may have to contend with getting your heart rate up with lots of layers in colder climates or keeping your heart rate down with minimal clothing in hotter climates.

You may also find that as your cardiovascular conditioning improves, you must walk/run to keep your heart rate in the fat-burning zone. If this is OK for your joints, then go for it. Or, at this point, swap to a different form of LISS.

7. STATIONARY BIKE

The stationary bike is a good low-impact cardio option that is gentle on the knees, although it may take you longer to get into the fat-burning zone. You may need to get your pedal on for the first 5-10 minutes of your cardio to get your heart rate up and into the fat-burning zone before dropping the speed back down.

8. LIGHTLY JOGGING IN ONE SPOT

This option comes in towards the bottom of the list, as it could get very boring very quickly. Perform this if you find yourself housebound for any reason, but other than that, try and use the other LISS options. Ensure your heart rate is in the fat-burning zone and pass the time with a Netflix binge.

WHY IS WALKING WITH YOUR DOG, NOT LISS CARDIO?

We love your dog, but we do not recommend them as a LISS cardio buddy. If your furry friend is anything like mine, they are constantly stopping to sniff, pee or poop, NOT trying to keep a consistent pace and your heart rate in your fat-burning zone when out for a walk. For these reasons, we do not class a dog walk as LISS cardio. If you have to walk your furry friend, please consider it just part of your normal daily activity.