



20 MIN CARDIO

treadmill

MINUTES 1-4: SPEED 3.8-4.0

SET 1 REPEAT 4X

45 SECONDS: SPEED 5.0

30 SECONDS: SPEED 3.8

SET 2 REPEAT 2X

30 SECONDS: SPEED 5.5

30 SECONDS: SPEED 3.8

SET 3 REPEAT 3X

45 SECONDS: SPEED 6.0

30 SECONDS: SPEED 3.8

SET 4 REPEAT 2X

30 SECONDS: SPEED 6.5

30 SECONDS: SPEED 3.8

SET 5 REPEAT 2X

45 SECONDS: SPEED 7.0

30 SECONDS: SPEED 3.8

SET 6 REPEAT 2X

45 SECONDS: SPEED 7.5

30 SECONDS: SPEED 3.8



**THIS IS A BASE.
AS YOU
PROGRESS
CONTINUE TO
GO UP PAST 7.5
SPEED. PUSH
YOURSELF!**