

TREADMILL WORK-OUT IDEAS!

Use the inclines listed. Minimum speeds are guidelines only. Adjust according to your fitness level. You should be working in the low end of the moderate zone.

Run /Walk Circuit:

Time	Incline	Speed (minimum)
Walk 10 mins	10	3.2
Run 1 min	5	5.0
Walk 1 min	5	3.5
Run 1 min	5	5.0
Walk 1 min	5	3.5
Walk 1 min	0	3.2

REPEAT 3-4 TIMES!

Walking Incline Workout:

Time	Incline	Speed:
10 mins	10	3.2
5 mins	5	3.7
5 mins	15	2.8

REPEAT 3 - 4 TIMES!