



H3 TREADING

30 Minute Treading- Intermediate (elliptical)

<u>Incline Degree</u>	<u>Interval Time</u>
0 - WARM-UP	3- minutes
3	2
6	1
11	1
12	1
11	1
9	1
6	1
3- SPEED	:30
3-RECOVER	:30
3- SPEED	:30
3 - RECOVER	:30
3 - SPEED	:30
3- RECOVER	:30
3- SPEED	:30
3- RECOVER	:30
3- SPEED	:30
3- RECOVER	:30
5 SECOND HILL	1
9	1
10	1
13	1
10	1
9	1
7	1
5	1
3	1
3 COOL DOWN	5 minutes