



H3 Treading – Elliptical/Nu-Step/Bike

1-5		Warm up pace, increase pace last 2 min
5-6 Hill #1 Keep pace, increase level to 2	Hill #1	Keep pace, increase level to 2
6		Level 4
7		Level 5
8		Level 7
9		Level 9
10	RPE	Level 9
11		Level 7
12		Level 5
13-15		Increase pace to RPE of 6 at level 2
		LEVEL 4
15-16		Increase arm use
16-17		Decrease pace
17-18	Hill #2	Level 5
18-19		Level 5
19-20		Level 7
20-21		Level 8
22-23	RPE	Level 10, strong arms
23-24		Level 8, strong arms
24-25		Level 5
25-26	Hill #3	Level 8, decrease pace
26-28		Level 8
28-29		Level 8, change pedal direction
29-30		Level 10, strong arms
30-31		Level 8
31-32		Level 7
32-33 Level 5		32-33 Level 5
33-34 RPE Level 3	RPE	33-34 RPE Level 3
34-35 Level 2 Increase pace, pedal forward		34-35 Level 2 Increase pace, pedal forward
35-36 Keep fast pace		35-36 Keep fast pace
36-38 Decrease pace		36-38 Decrease pace
38-39 Decrease pace		38-39 Decrease pace
39-40		39-40 Decrease pace to warm up pace, level 1-2
40-41		40-41 Stand tall while pedaling, roll shoulders
41-42		Deep breathing
42-44		Step off elliptical and walk around gym
44-45		44-45
		Stretch