

# fat burning treadmill workout



Walk/Run/Sprint	Incline %	Time
Warm Up Walk	7%	5:00
Jog (6.0-7.0 mph)	4%	2:00
Run Your Heart Out! 7+ mph	2.5%	:60
Walk (3.8-4.2 mph)	7+%	2:00
Jog (6.5-7.0 mph)	4%	2:00
Sprint! Push It - 7.5+ mph	2%	:60
Walk (4.0-4.2 mph)	10%	2:00
Run (6.5-7.5 mph)	5%	2:00
SPRINT! Make It Count!!	3%	:30
REST! Carefully jump to sides	Set incline to 2.5%	:30
Sprint! You've got this!!	2.5%	:30
REST! Remember your goals	Set incline to 1.5%	:30
Last Sprint! GO GO GO!!	1.5%	:45
Walk (4.0 mph)	5%	3:00
Jog (6.0 mph)	2.5%	3:00
Cool-Down (3.7 mph)	0%	4:00

check in with us in the community and let us know how amazing you feel!