

30 MIN WORKOUT #11

SIMPLE STEPPIN'

EQUIPMENT NEEDED:

2 sets dumbbells - 1 heavy and 1 lighter

NOTES:

- + Adjust incline and/or speed to accommodate fitness level
- + Suggested speeds and inclines are for intermediate/advanced exercisers
- + All Boost Workouts begin with a 20-min treadmill conditioning workout, followed by a 10-min lifting superset (2 exercises circuited back and forth for 10 mins)

TIME SEGMENT	INCLINE	SPEED (mph)	EXERCISE	SPEED (kph)
0-4 (4 min)	15	3	Incline walk	4.8
4-5 (1 min)	1	9.1	Flat sprint	14.6
5-9 (4 min)	15	3.2	Incline walk	5.1
9-10 (1 min)	1	9.4	Flat sprint	15.1
10-14 (4 min)	15	3.4	Incline walk	5.5
14-15 (1 min)	1	9.7	Flat sprint	15.6
15-19 (4 min)	15	3.6	Incline walk	5.8
19-20 (1 min)	1	10	Flat sprint	16.1