



## H3 TREADING

15 Minute Treading- Beginner (treadmill)

<u>Incline Degree</u>	<u>Interval Time</u>
0 - WARM-UP	3- minutes
2 FIRST HILL	:30
5	:30
7	:30
10	:30
12	:30
6	:30
4	:30
2- SPEED	:30
2-RECOVER	:30
2- SPEED	:30
2 - RECOVER	:30
2 - SPEED	:30
2- RECOVER	:30
5 SECOND HILL	:30
8	:30
12	1
5	:30
3 COOL DOWN	3 minutes