

## SportsArt Fitness Custom Elliptical Workout Plan

Try this calorie blasting elliptical workout developed by fitness professional Heather Hawk!

Intensity	Duration	Time
Warm-Up (level 1-3)	:30	0-:30
Recovery (level 1-4) with shorter stride	1	:30-1:30
increase level by 3	1	1:30-2:30
increase level by 3-4	:30	2:30-3:00
increase level by 2-3	:30	3:00-3:30
decrease level by 2	:30	3:30-4:00
increase level by 2	:30	4:00-4:30
Recovery level	:30	4:30-5:00
switch to Backward movement	:30	5:00-5:30
increase level by 3-4	:30	5:30-6:00
increase level by 3-4	:30	6:00-6:30
Recovery level	:30	6:30-7:00
switch to Forward with Long Stride	:30	7:00-7:30
increase level by 8	:30	7:30-8:00
decrease level by 2-4	:30	8:00-8:30
increase level by 4	:30	8:30-9:00
decrease level by 2-4	:30	9:00-9:30
increase level by 4	:30	9:30-10:00
Cool Down at Recovery level with shorter stride	1	10:00-11:00