

SportsArt Fitness Ultimate Treadmill Workout!

Try this cardio/toning workout by Heather Hawk!

Warm-Up

	<i>Beginner</i>	<i>Int-Advanced</i>
0-1:00	Walk at slow to medium pace b/w 2.0 and 3.0	Walk at medium pace b/w 3.0 and 4.0
1:00 -2:00	Pick up pace .2 to .4 and pump arms	Pick up pace .2 to .4 and pump arms
2:00-3:00	Add punching jabs straight ahead	Add punching jabs straight ahead
3:00-4:00	Alternate lat pull down and row with arms while walking	Alternate lat pull down and row with arms while walking
4:00-5:00	Pick up pace to brisk walk (b/w 3.0 and 4.0 for most) and pump arms	Pick up pace to jog and pump arms

Workout **Tip:** Do NOT stop treadmill between intervals. Instead just hit pause, go to strength movement, then hit start to resume prior pace an elevation.

	<i>Beginner</i>	<i>Int-Advanced</i>
0-1:00	Squats with dumbbells	Squats while holding toning ball or dumbbells, transition into squat jumps
1:00-3:	Brisk walk (between 3.0-4.5) at 5% elevation	Comfortable run (between 5.5 and 7.5) at 5% elevation
3:00-4:00	Stationary lunges (1 leg at a time) w/ bands	Alternating reverse lunges with dumbbells
4:00-6:00	Brisk walk (b/w 3.0-4.5) at 8% elevation	Comfortable run (b/w 5.5 and 7.5) at 8% elevation
6:00-7:00	Chest press with exercise band	Chest press on ball with dumbbells
7:00-9:00	1st min: brisk walk at 1% 2nd min: increase pace by .5 (walk or jog) at 1%	1st min: comfortable jog at 1% 2nd min: pick up run by .5-1.0 at 1%
9:00-10:00	Wide row with exercise band	Bent over row with dumbbells (lift 1 leg for challenge)
10:00-12:00	1st min: walk/jog at pace from last interval at 1% 2nd min: increase pace by .5 - 1.0 at 1%	1st min: jog/run at pace from last interval at 1% 2nd min: increase pace by .5 to 1.0 at 1%
12:00-13:00	Hyperextension on floor	Hyperextension on ball w/ toning ball
13:00-15:00	Take pace down .5 at 8% elevation	Take pace down .5 at 8% elevation
15:00-16:00	Combo lateral/front raise w/ bands	Combo lateral/front raise with dumbbells (lift 1 leg for challenge)
16:00-18:00	Same pace at 12% elevation	Same pace at 12% elevation
18:00-19:00	Bicep curls w/ bands	Bicep curls with dumbbells sitting on ball (lift 1 leg for challenge)
19:00-21:00	Same pace at 15% elevation	Same pace at 15% elevation

21:00-22:00	Tricep kickback w/ bands	Tricep kickbacks using stability ball with dumbbells
22:00-24:00	1st min: increase pace by .5 at 1% 2nd min: increase pace by 1.0 at 1%	1st min: increase pace by .5 at 1% 2nd min: increase pace by 1.0 at 1%
24:00-25:00	medium stance push-ups	push-ups w/ feet on ball
25:00-27:00	1st min: same pace as last interval at 1% 2nd min: increase pace by .5 -1.0 for last interval	1st min: same pace as last interval at 1% 2nd min: increase pace by .5 -1.0 for last interval
27:00-28:00	Take pace down to brisk walk	Take pace down to jog

Cool Down

Beginner

Int- Advanced

0-1:00	Take pace down .5	Take pace down .5
1:00-2:00	Take pace down .5	Take pace down .5
2:00-3:00	Take pace down .5	Take pace down .5
3:00-6:00	Stop treadmill and stretch: single leg quad stretch, cross over hamstring stretch, leaning back stretch, chest stretch, tricep cross over stretch	Stop treadmill and stretch: single leg quad stretch, cross over hamstring stretch, leaning back stretch, chest stretch, tricep cross over stretch

Abs

Beginner

Int- Advanced

25 reps	Reverse crunches	Reverse crunches w/ toning ball
25 reps	Crunches w/ legs up	Crunches w/ legs up holding toning ball
25 reps	Bicycles	Bicycles w/ ankle weights
25 reps	Modified sit-up partial	modified sit-up full w/ ankle weights
25 reps	side crunch	side crunch w/ ankle weights
30 seconds	plank holds all 4 sides	plank holds lifting one leg