



H3 Treading – Elliptical/Nu-Step/Bike

Min.		Elliptical/Nu-step/Bike
1-5		Warm up pace, increase pace last 2 min
5-6	Hill #1	Keep pace, increase level to 2
6-7		Level 4
7-8		Level 5
8-9		Level 7
9-10		Level 9
10-11	RPE	Level 9
11-12		Level 7
12-13		Level 5
13-15		Increase pace to RPE of 6 at level 2
		Level 4
15-16		Increase arm use
16-17		Decrease pace
17-18	Hill #2	Level 5
18-19		Level 5
19-20		Level 7
20-21		Level 8
21-22		Level 9, strong arms
22-23	RPE	Level 10, strong arms
23-24		Level 8, strong arms
24-25		Level 5
25-26	Hill #3	Level 8, decrease pace
26-28		Level 8
28-29		Level 8, change pedal direction
29-30		Level 10, strong arms
30-31		Level 8
31-32		Level 7
32-33		Level 5
33-34	RPE	Level 3
34-35		Level 2 Increase pace, pedal forward
35-36		Keep fast pace
36-38		Decrease pace
38-39		Decrease pace
39-40		Decrease pace to warm up pace, level 1-2
40-41		Stand tall while pedaling, roll shoulders
41-42		Deep breathing
42-43		Pedal backwards at level 1
42-44		Step off elliptical and walk around gym
44-45		
		Stretch





BROUGHT TO YOU BY

Hilton Head Health



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