

H3 TREADING

15 Minute Treading- Advanced (treadmill)

Incline Degree	Interval Time
3 – WARM-UP	3- minutes
5 FIRST HILL	:30
8-	:30
13	:30
15	:30
13	:30
10	:30
6	:30
5- SPEED	:30
5-RECOVER	:30
5- SPEED	:30
5 – RECOVER	:30
5 - SPEED	:30
5- RECOVER	:30
9 SECOND HILL	:30
12	:30
15	1
7	:30
3 COOL DOWN	3 minutes



Hilton Head Health
FITNESS