

H3 TREADING

15 Minute Treading- Beginner (treadmill)

Incline Degree	Interval Time
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



Hilton Head Health
FITNESS