

H3 TREADING

15 Minute Treading- intermediate (treadmill)

Incline Degree	Interval Time
3 – WARM-UP	3- minutes
3 FIRST HILL	:30
6-	:30
9	:30
13	:30
11	:30
8	:30
5	:30
3- SPEED	:30
3-RECOVER	:30
3- SPEED	:30
3 – RECOVER	:30
3 - SPEED	:30
3- RECOVER	:30
6 SECOND HILL	:30
10	:30
13	1
5	:30
3 COOL DOWN	3 minutes



Hilton Head Health
FITNESS