

H3 TREADING

30 Minute Treading- Advanced (treadmill)

Incline Degree	Interval Time
0 – WARM-UP	3- minutes
3 –	2
8- FIRST HILL	1
13	1
15	2
13	1
10	1
6	1
5- SPEED	:30
5-RECOVER	:30
5- SPEED	:30
5 – RECOVER	:30
5 - SPEED	:30
5- RECOVER	:30
5- SPEED	:30
5- RECOVER	:30
5- SPEED	:30
5- RECOVER	:30
9 SECOND HILL	1
12	1
15	1
12	1
15	1
12	1
9	1
5	1
3 COOL DOWN	5 minutes



Hilton Head Health
FITNESS