

# H3 TREADING

30 Minute Treading- Intermediate (Elliptical)

<b>Incline Degree</b>	<b>Interval Time</b>
<b>0 – WARM-UP</b>	3- minutes
<b>3 –</b>	2
<b>6- FIRST HILL</b>	1
<b>11</b>	1
<b>12</b>	1
<b>11</b>	1
<b>9</b>	1
<b>6</b>	1
<b>3- SPEED</b>	:30
<b>3-RECOVER</b>	:30
<b>3- SPEED</b>	:30
<b>3 – RECOVER</b>	:30
<b>3 - SPEED</b>	:30
<b>3- RECOVER</b>	:30
<b>3- SPEED</b>	:30
<b>3- RECOVER</b>	:30
<b>3- SPEED</b>	:30
<b>3- RECOVER</b>	:30
<b>5 SECOND HILL</b>	1
<b>9</b>	1
<b>10</b>	1
<b>13</b>	1
<b>10</b>	1
<b>9</b>	1
<b>7</b>	1
<b>5</b>	1
<b>3</b>	1
<b>3 COOL DOWN</b>	5 minutes



*Hilton Head Health*  
FITNESS