



Treadmill Workout

This is an advanced workout. It is similar to a HIIT (high intensity interval training) style cardio/strength workout that is completed all on the treadmill. It will take about 25 minutes to complete the workout (plus warm up and cool down). Be sure to grab on to the handles for support. Feel free to adjust treadmill incline and speed as needed. To modify you can do the workout on a flat treadmill and work your way up to an incline. To advance the workout, jog during the '1-2 minute walk'. Modify any exercises as needed. Enjoy!

Warm up:

Spend 5-8 mins walking/jogging on the treadmill. Get your body moving and heart rate up! Feel free to stretch out any muscles before starting.

Perform exercise for 2 minutes then walk for 1-2 minutes.

Be sure to grab on to side handles as needed. Adjust incline and speed as needed.

Set treadmill at 10-13% incline, speed 0.7-1.5.

1. Walking lunges – 2 mins
2. Walk 1-2 mins
3. Duck walks/squatted walk – 2 mins
4. Walk 1-2 mins
5. Sideways walks (one side, stay low in squat position and shuffle sideways) – 2 mins
6. Walk 1-2 mins
7. Sideways walks (other side, stay low in squat position and shuffle sideways) – 2 mins
8. Walk 1-2 mins
9. Military lunges (lunge with a high knee step) – 2 mins
10. Walk 1-2 mins
11. Backward duck walk/backward squatted walk – 2 mins
12. Walk 1-2 mins

Cool down:

Walk at a comfortable speed while slowly lowering your incline all the way down. Take 5-10 minutes and stretch after.