

CARDIO WORKOUTS

These are awesome
for fat loss, quick
and very effective

30 minute Recumbent Bike Workout

| Time | Level | Goal RPM |
|-------|-------|----------|
| 0-5 | 9 | 100+ |
| 5-10 | 10 | 90+ |
| 10-15 | 11 | 80+ |
| 15-20 | 12 | 70+ |
| 20-25 | 13 | 60+ |
| 25-30 | 14 | 50+ |

25 minute treadmill sprint

| Time | Speed | Incline |
|-------------|-------|---------|
| 0-2 | 6.0 | 5% |
| 2-4 | 6.5 | 4% |
| 4-6 | 7.0 | 3% |
| 6-8 | 7.5 | 2% |
| 8-10 | 8.0 | 1% |
| 10-10:45 | 2.0 | 15% |
| 10:45-11:15 | 7.2 | 15% |
| 11:15-12 | 2.0 | 15% |
| 12-12:30 | 7.4 | 15% |
| 12:30-13:15 | 2.0 | 15% |
| 13:15-13:45 | 7.6 | 15% |
| 13:45-14:30 | 2.0 | 15% |
| 14:30-15 | 7.8 | 15% |
| 15-15:45 | 2.0 | 15% |
| 15:45-16:15 | 8.0 | 15% |
| 16:15-17 | 2.0 | 15% |
| 17-17:30 | 8.1 | 15% |
| 17:30-18:15 | 2.0 | 15% |
| 18:15-18:45 | 8.2 | 15% |
| 18:45-19:30 | 2.0 | 15% |
| 19:30-20 | 8.3 | 15% |
| 20-25 | 3.0 | 0 |

Kim's Fat Burning Track Workout

Warm-up:

1 lap jog only then:

2 laps jogging around track 50 meters each of:

- High knees
- Walking lunges
- Side to side squats (25m ea side)
- Butt kicks
- Straight-leg kicks (hamstrings)
- Spinal twist
- 1 x 100m sprint at 50% effort 1 x 100m at 75% effort

•Workout/Sprints:

•1 x 400m, walk for 200m as slow as you want to recover 2 x 200m, walk for 200m as slow as you want to recover 1 x 400m, walk for 200m as slow as you want to recover 2 x 200m, walk for 100m as slow as you want to recover

•Cool-down

- Walk 2 laps to recover, stretch as needed. 😊

20 min Stepmill Intervals

| Time | Level |
|-------|-------|
| 0-2 | 8 |
| 2-4 | 9 |
| 4-6 | 10 |
| 6-8 | 11 |
| 8-10 | 12 |
| 10-11 | 18 |
| 11-12 | 1 |
| 12-13 | 19 |
| 13-14 | 1 |
| 14-15 | 20 |
| 15-16 | 1 |
| 16-17 | 19 |
| 17-18 | 1 |
| 18-19 | 18 |
| 19-20 | 1 |

45 min Incline Walking Program

| Time | Speed | Incline |
|-------|-------|---------|
| 0-5 | 3.2 | 15 |
| 5-10 | 3.4 | 15 |
| 10-15 | 3.6 | 15 |
| 15-17 | 4 | 15 |
| 17-18 | 2 | 15 |
| 18-20 | 4 | 15 |
| 20-21 | 2 | 15 |
| 21-23 | 4 | 15 |
| 23-24 | 2 | 15 |
| 24-26 | 4 | 15 |
| 26-27 | 2 | 15 |
| 27-29 | 4.1 | 15 |
| 29-30 | 2 | 15 |
| 30-32 | 4.1 | 15 |
| 32-33 | 2 | 15 |
| 33-35 | 4.1 | 15 |
| 35-36 | 2 | 15 |
| 36-38 | 4.1 | 15 |
| 38-39 | 2 | 15 |
| 39-41 | 4.2 | 15 |
| 41-42 | 2 | 15 |
| 42-44 | 4.2 | 15 |
| 44-45 | 2 | 15 |

Stepmill Workout Intermediate - 30-min Intensity Pyramid

| Time | Level | Segment Time |
|-------------|-------|---------------|
| 0-2 | 8 | 2 min |
| 2-4 | 9 | 2 min |
| 4-6 | 10 | 2 min |
| 6-8 | 11 | 2 min |
| 8-10 | 12 | 2 min |
| 10-10:30 | 1 | 30 sec rest |
| 10:30-11:30 | 18 | 1 min |
| 11:30-12 | 1 | 30 sec rest |
| 12-13:15 | 17 | 1 min, 15 sec |
| 13:15-13:45 | 1 | 30 sec rest |
| 13:45-15:15 | 16 | 1 min, 30 sec |
| 15:15-15:45 | 1 | 30 sec rest |
| 15:45-17:30 | 15 | 1 min, 45 sec |
| 17:30-18 | 1 | 30 sec rest |
| 18-20 | 14 | 2 min |
| 20-20:30 | 1 | 30 sec rest |
| 20:30-22:30 | 14 | 2 min |
| 22:30-23 | 1 | 30 sec rest |
| 23-24:45 | 15 | 1 min, 45 sec |
| 24:45-25:15 | 1 | 30 sec rest |
| 25:15-26:45 | 16 | 1 min, 30 sec |
| 26:45-27:15 | 1 | 30 sec rest |
| 27:15-28:30 | 17 | 1 min, 15 sec |
| 28:30-29 | 1 | 30 sec rest |
| 29-30 | 18 | 1 min |

35 minute Treadmill Joggervals

| Time | Speed | Incline | Segment Length |
|-------|-------|---------|----------------|
| 0-5 | 6 | 0 | 5 min |
| 5-10 | 6.5 | 0 | 5 min |
| 10-11 | 5.5 | 15 | 1 min |
| 11-12 | 2 | 15 | 1 min |
| 12-13 | 5.7 | 14 | 1 min |
| 13-14 | 2 | 14 | 1 min |
| 14-15 | 5.9 | 13 | 1 min |
| 15-16 | 2 | 13 | 1 min |
| 16-17 | 6.1 | 12 | 1 min |
| 17-18 | 2 | 12 | 1 min |
| 18-19 | 6.4 | 11 | 1 min |
| 19-20 | 2 | 11 | 1 min |
| 20-21 | 6.8 | 10 | 1 min |
| 21-22 | 2 | 10 | 1 min |
| 22-23 | 5.6 | 15 | 1 min |
| 23-24 | 2 | 15 | 1 min |
| 24-25 | 5.8 | 14 | 1 min |
| 25-26 | 2 | 14 | 1 min |
| 26-27 | 6 | 13 | 1 min |
| 27-28 | 2 | 13 | 1 min |
| 28-29 | 6.2 | 12 | 1 min |
| 29-30 | 2 | 12 | 1 min |
| 30-31 | 6.5 | 11 | 1 min |
| 31-32 | 2 | 11 | 1 min |
| 32-33 | 6.9 | 10 | 1 min |
| 33-34 | 2 | 10 | 1 min |
| 34-35 | 9 | 0 | 1 min |