|  |  |
| --- | --- |
| **20 min Stairmaster 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 |