|  |
| --- |
| **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  |