

Burn Fat Fast – 20 minutes of Heart Pumping Intervals

Choose any Cardio Activity

walking, jogging, bicycling, elliptical, treadmill, stair stepper

The key is alternating 1 minute high intensity intervals with 1 ½ minutes of steady state / recovery intervals. Use the [RPE scale](#) to judge how hard you are working.

Description	Duration	RPE
Easy Warm Up	5 minutes	3
Up your pace to a Steady State	1 ½ minutes	3 to 5
High Intensity Interval	1 minute	8 to 9
Steady State	1 ½ minutes	5
High Intensity Interval	1 minute	8 to 9
Steady State	1 ½ minutes	5
High Intensity Interval	1 minute	8 to 9
Steady State	1 ½ minutes	5
High Intensity Interval	1 minute	8 to 9
Steady State	1 ½ minutes	5
High Intensity Interval	1 minute	8 to 9
Steady State	1 ½ minutes	5
Easy Cool Down	5 minutes	3 to 4

Imagine A Fit & Healthy You!