



Bonus WORKOUTS!

WALK THIS WAY to Tone Your Tush High Intensity – Treadmill Incline Intervals

Designed to blast that lower body fat & tone your tush, this “Incline Interval Circuit” takes just 30 minutes and is all about walking so it is less pressure on your knees! Stay hydrated and always work up to the suggested incline level and [Rate of Perceived Exertion](#).

DESCRIPTION / RPE	DURATION	INCLINE
Warm Up (RPE 3 - 4)	5:00	0
Up the Incline (RPE 6 - 8) 3% every 30 Seconds	2:00	0 – 12 %
Decrease the Incline (RPE 8 - 7) 3% every 30 seconds	2:00	12 – 0%
Recover Interval (RPE 4 - 5)	1:00	0
Steady State (RPE 6 - 7)	3:00	6%
Steady State (RPE 8 - 9)	3:00	12%
Decrease Incline (RPE 8 - 7) 3% every 30 seconds	2:00	12 – 0%
Recovery Interval (RPE 4 - 5)	1:00	0%
Up the Incline (RPE 6 - 8) 3% every 1 Minute	4:00	0 – 12%
Decrease the Incline (RPE 8 - 7) 3% every 30 seconds	2:00	12 – 0%
Cool Down (RPE 4 - 5)	5:00	0%

Imagine A Fit & Healthy You!