

Coach Mike's Personal Training, LLC

Reni Rodriguez

Treadmill Workout 1

Treadmill:

(You will work on the treadmill and at varying speeds / incline. You should be able to handle the varying speeds, but if absolutely needed, you can bring them down slightly, just note what you used to let me know).

- 5 Minutes warm-up at a 2.5mph at 0% incline
- 2 Minutes at 4.0mph at 0% incline
- 4 Minutes at 3.5mph at 3% incline
- 2 Minutes at 4.0mph at 3% incline
- 4 Minutes at 2.5mph at 5% incline
- 2 Minutes at 4.0mph at 0% incline
- 1 Minute at 2.5mph at 0% incline (Cool Down)

Total 20 Minutes

As discussed, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

Stretch.