

Travel Treadmill Workout

In a hotel with just a few cardio machines? No problem! Do this treadmill workout.

Adjust as necessary.

****No hands on the incline walks.****

9% at 3.5mph for 5min

6.5mph for 5min at 0.5% incline

12% at 3.5mph for 5min

7.5mph for 5min at 0.5% incline

15% at 3.5mph for 5min

9.0mph for 6min at 0.5% incline

Walk 3.5mph for 4min

Total time: 35min

Try your best! See what you can do.