QUICKIE SWEATFEST

PART 1 TREADMILL WORK:

1-2 min	6.2 speed	1% incline
2-3 min	6.2 speed	2% incline
3-4 min	6.2 speed	3% incline
4-5 min	6.2 speed	4% incline
5-5:30	8.0 speed	4% incline
5:30-6 min	REST	REST
6-6:30 min	9.2 speed	3% incline
6:30-7 min	REST	REST
7-7:30 min	9.4 speed	2% incline
7:30-8 min	REST	REST
8-8:30 REST	9.6 speed	1% incline
8:30-9 REST	REST	REST
9-9:30 REST	9.8 – 10 speed	0% incline
9:30-10 min	REST	REST

PART 2: BODYWEIGHT WORK

Repeat the following circuit 5 times through!

Exercise	**Reps**
Jump squats	20
Butterfly sit ups	30
Push ups with shoulder taps	15
Mountain climbers	30
Burpees	20

1Fit Foodie
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