

3, 6, 9, 12 Workout

Total Time: 30 minutes

Machine use: treadmill, elliptical, bike, arc trainer

Minute	Incline/level
0-3	0
4	3
5	6
6	9
7	12
8	9
9	6
10	3
11-13	0
14-15	3
16-17	6
18-19	9
20-21	12
22-23	9
24-25	6
26-27	3
28-30	0

This can be done on an elliptical as well. Rather than adjusting incline like on the treadmill, simply up the level on the elliptical. Both the treadmill and elliptical should be set to the manual setting to do these. Once this starts getting easier, you can start at level 3, rather than 0, and work up to level 15. The elliptical goes up to level 20, but for treadmill, once you pass 15, you may just have to up the speed to continue challenging yourself.