

# Legs and Butt Workout

Total time: 20 minutes

Machine use: treadmill

Minute	Incline	Speed	Description
0-2	0	3.5	start walking at medium pace
2-5	5	4.5	inc.speed, walk briskly, pumping arms
5-7	11	3.5	climb using glutes, push off with heel
7-9	10	1	w/belt moving slow, do walking lunges
9-11	12	3.5	climb
11-13	10	1	back to lunges
13-15	12	3.5	climb
15-16	1	7*	run
16-17	1	5.5*	jog to recover
17-18	1	7.5*	final sprint
18-20	1	4	cool down

\*if the sprints are too much for you, just go at whatever pace you can push it the hardest. If that is just 5 mph, that is fine too. This is about you pushing yourself at YOUR level, within your comfort zone.