

THE "TEN" CARDIO CIRCUIT

Treadmill Interval Workout

Interval workouts might be the closest thing to a magic calorie-burning bullet you'll find. Why do they work so well? Because your body likes to be on cruise control. That's where it's most gas efficient. But when you push on the gas pedal, as you do in intervals, your body becomes less efficient and has to burn more calories to do the activity.

Minute(s)	Speed	Incline
0-5	3.7	3.5
5-6	4.6	3.0
6-7	3.9	6.0
7-8	5.6	3.0
8-9	3.8	8.5
9-10	7.0	3.0

Repeat minutes 0-10 three or four more times to complete the workout (for a total of 4 or 5 circuits). Cool down for at least five minutes by walking at a semi-brisk pace.

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