



This 20 minute Treadmill program will help boost your metabolism and start shredding fat. Blast those calories and lose weight.

PHASE	TIME	RESISTANCE	SPEED
WARM UP	3 mins	5 kph	Brisk walk
CARDIO BLAST	1 min	6 kph	Fast walk
	1 min	7 kph	Easy jog
	1 min	8 kph	Brisk jog
	1 min	9 kph	Run
	1 min	10 kph	Sprint
	REPEAT CARDIO PHASE 4 TIMES = 20 mins		
COOL DOWN	3 mins	5 kph-4 kph	Brisk walk to easy walk