

Bring the treadmill to brisk walking pace for 3 minutes (*usually 5.0-6.0kph*) this is your warm up

As the timer reaches 3 minutes increase the speed to just before a light jog (6.5-7.0kph)

Hold that pace for 1 minute... Breathing in through your nose and out through your mouth

Bring the speed back down to 5.5kph - Recover here for 1 minute

Bring the pace back up to your maximum brisk walking pace for 2 minutes (just before a jog)

Ensure you stride the legs out and continue the breathing technique

Bring the treadmill back to around 6.0kph - recover here for 1 minute

Increase your machines incline up 2% before the 1 minute recovery session is over

As the 1 minute recovery session finishes, increase your treadmill speed to brisk walking pace, just before a jog. Hold here for 2 minutes 30 seconds. (10min 30sec)

Bring the speed back down to 5.0-5.5kph for another 1 minute light recovery

Increase the speed the brisk walk, try and go .5 or .1 kph faster for the remaining 2 minutes

Bring the pace down to comfortable walking recovery pace for two minutes (4.5-5.5kph)

**The Exercise-Program-Expert.com**

**Beginner Workout #1 - 10 minutes beginner fat burn KPH (+3 minute warm up and +2min warm down)**

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
6.5	0%	1 min
5.5	0%	1 min
6.5	0%	2 min
6	0%	1 min
7	2%	2 min
5	2%	1 min
7.2	2%	2 min
<b>Total Time</b>		<b>10 Mins</b>
<b>Highest Speed</b>		
<b>Distance Covered</b>		
<b>Highest Incline</b>		