

The Exercise-Program-Expert.com

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

Bring the treadmill to brisk walking pace for 3 minutes (*usually 3.0-3.5mph*) this is your warm up

As the timer reaches 3 minutes increase the speed to just before a light jog (4.0-4.5mph)

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

Bring the speed back down to 3.5mph - 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 3.5mph - 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 3.0-3.5mph for another 1 minute light recovery

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

Bring the pace down to comfortable walking recovery pace for two minutes (2.5-3.0mph)

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		

10 Minute Beginner Workout Stage #1		
Date of workout		/ / 2008
Speed Mph	Incline	Time
Recommended	Recommended	Recommended
4	0%	1 min
3.5	0%	1 min
4	0%	2 min
3.5	0%	1 min
4.5	2%	2 min
3	2%	1 min
5	2%	2 min
Total Time		10 Mins
Highest Speed		
Distance Covered		
Highest Incline		