

30 Minute Treadmill Total Body Workout

Equipment Needed:

- Treadmill
- A pair of weights (a heavier and lighter pair if you have them!)

1.) Watch video instructions on www.peak313.com

2.) Rest if you can't make it through the segment and then return to the exercise when you can.

3.) Adjust workout by adding more or less rounds!

4.) Shorten rest periods to make it harder!

Time (minutes)	Incline	Speed	Activity
0-3	None	Slow	Warm-up / Light jog or walk
3-4	None	Moderate	Run
4 - 5	Low	Stays the same	Incline Run
5-5:30	None	Fast	Sprint
5:30-6	none	Slow	Recover (walk or jog)
6-6:45	-	-	Squat with Overhead Press
6:45-7	-	-	Rest
7-7:45	-	-	Burpee/Renegade Row/Bicep Curl
7:45-8	-	-	Rest
8-8:45	-	-	Step-up with Tricep Press
8:45-9	-	-	Rest
9-10	None	.5 higher than round 1	Run
10-11	1.0 higher than round 1	Stays the same	Incline Run
11-11:30	None	.5-1.0 faster than round 1	Sprint
11:30-12	None	Slow	Recover (walk or jog)
12-12:45	-	-	Squat with Overhead Press
12:45-13	-	-	Rest
13-13:45	-	-	Burpee/Renegade Row/Bicep Curl
13:45-14	-	-	Rest
14-14:45	-	-	Step-up with Tricep Press
14:45-15	-	-	Rest
15-16	None	.5 higher than round 2	Run
16-17	1.0 higher than round 2	Stays the same	Incline Run
17-17:30	None	.5-1.0 faster than round 2	Sprint
17:30-18	None	Slow	Recover (walk or jog)
18-18:45	-	-	Squat with Overhead Press
18:45-19	-	-	Rest
19-19:45	-	-	Burpee/Renegade Row/Bicep Curl
19:45-20	-	-	Rest
20-20:45	-	-	Step-up with Tricep Press
20:45-21	-	-	Rest
21-22	None	.5 higher than round 3	Run
22-23	1.0 higher than round 3	Stays the same	Incline Run
23-23:30	None	.5-1.0 faster than round 3	Sprint
23:30-24	None	Slow	Recover (walk or jog)
24-24:30	-	.5-.8	Plank Walk
24:30-25	-	-	Push-Up with Alternating Reptiles
25-25:30	-	-	Rest
25:30-26	-	.5-.8	Bear Crawl (Plank Walk as modification)
26-26:30	-	-	Push-Up with Alternating Reptiles
26:30-27	-	-	Rest
27-27:30	-	.5-.8	Bear Crawl (Plank Walk as modification)
27:30-28	-	-	Push-Up with Alternating Reptiles
28-30	None	Slow	Cool-Down/ Walk or Jog



Squat with Overhead Press



Burpee/Renegade Row/Bicep Curl



Step-Up with Tricep Press



Plank Walk



Bear Crawl

30 Minute Treadmill Total Body Workout: Exercises

Exercise explanations with video on www.peak313.com



Push-Up with Alternating Reptile

