

Interval Workout

Burn more calories in less time with this short and sweet 20 minute interval program.

Training tips:

- Select the Interval 1:1 program.
- Hold on to the moving handles to increase your core involvement.
- Breathe normally and reduce speed or resistance if the challenge feels too great.
- Set your recovery interval to Resistance 4, Crossramp 8.
- After completing the first 2 minutes, set your work interval to Resistance 8, Crossramp 12.
- Leave your machine settings the same for all intervals, and it will automatically adjust from recovery to work every two minutes. All you need to do is modify your direction and steps per minute.

Boost your fitness:

Finish off your workout with these 3 great core movements:

- 2 sets of 30 second planks
- 2 sets of 30 second glute bridges
- 2 sets of 15 reverse crunches

Elliptical 201: Interval Workout

TIME	PHASE	DIRECTION	STEPS PER MINUTE
2	Warm-up	Forward	130
2	Warm-up	Forward	130
2	Recovery	Forward	120-140
2	Work	Forward	140+
2	Recovery	Forward	120-140
2	Work	Reverse	140+
2	Recovery	Reverse	120-140
2	Work	Reverse	140+
2	Cool Down	Reverse	130
2	Cool Down	Reverse	130

*Resistance and SPM settings should be adjusted based on a user's individual fitness level.