

Simple 20 Minute Treadmill Workout

TheGoodMama.org

Time	Speed	Incline
*Warmup		
3 minutes	4.5	1
2 minutes	5.0	2
2 minutes	5.5	3
2 minutes	6.0	2
2 minutes	6.5	1
2 minutes	6.0	2
2 minutes	5.5	3
2 minutes	5.0	4
*Cool Down		
3 minutes	4.5	1