

# CARDIO AND TONE:

## YOUR

# 45-MINUTE

### *Combo Plan*

#### TREADMILL PLAN:

| TIME        | SPEED<br>(MPH) | INCLINE |
|-------------|----------------|---------|
| 00:00-05:00 | 3.5            | 1.0     |
| 05:00-08:00 | 4.0            | 1.0     |
| 08:00-11:00 | 5.0            | 1.0     |
| 11:00-15:00 | 5.5            | 1.0     |
| 15:00-19:00 | 6.0            | 1.0     |
| 19:00-22:00 | 5.5            | 1.0     |
| 22:00-25:00 | 5.0            | 1.0     |
| 25:00-28:00 | 4.0            | 1.0     |
| 28:00-30:00 | 3.5            | 1.0     |

#### STRENGTH-TRAINING PLAN:

| EXERCISE                   | REPS                              | NOTES & TIPS   |
|----------------------------|-----------------------------------|--|
| WIDE SQUAT AND BICEPS CURL | Three sets of 12 reps             | Shift your weight toward your heels.                           |
| TRICEPS PUSH               | Three sets of 10 reps             | Concentrate on keeping your spine straight.                    |
| TIPPING ROW                | Three sets of 10 reps (each side) | Pretend you're in Warrior 3 during this move.                  |
| QUADRUPED                  | Three sets of 12 reps (each side) | Pull your abs toward your spine to stabilize your entire body. |