

# Make The Treadmill Beg Fat Blaster

<b>TIME</b>	<b>INCLINE</b>	<b>SPEED</b>
<b>0-4 Min (Warm-up)</b>	<b>0</b>	<b>3 - 3.5</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.5</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.5</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.6</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.5</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.4</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>2 Min Rest Walk</b>	<b>0</b>	<b>3.3</b>
<b>Treadmill Push As Long As Possible</b>	<b>0</b>	<b>0</b>
<b>20 - 25 Min (Cool-down)</b>	<b>0</b>	<b>3.0</b>

Push the treadmill for as long as possible. When you can no longer push the belt take the 2 minute rest. Repeat for a total of 20 minutes.