



INTERVAL WORKOUT 4

WEEK 4

This interval workout is designed to boost your metabolism and burn calories. You will pick one of the cardio machine combinations below and perform the following workout. To make the workout as effective as possible you must put everything you have into your work interval and rest long enough to let your heart rate come down before starting your next interval.

Choose one of the following combinations for your interval workouts this week:

1. Bike to Treadmill
2. Stepper to Treadmill
3. Elliptical to Bike

Interval Workout 4 is a resistance interval program designed with a work to recovery ratio of 1:1.

Time	Action
0:00 – 3:00	Warm-up
4:00	increase resistance to near max
5:00	decrease resistance to a recovery pace
Repeat 5 times then quickly transition to your next piece of cardio equipment	
14:00 – 16:00	Warm-up Pace
17:00	increase resistance to near max
18:00	decrease resistance to a recovery pace
Repeat 5 times then cool down. Great Job!	
26:00 – 28:00	Cool down for at least 2 minutes