

ZONE 1 *Cardio*

Expected workout time: 30–35 minutes

WARM-UP (5-10 minutes)

- Choose a rhythmic cardio option (treadmill, elliptical, step mills, etc.)
- Moderate intensity that you can “Walk and Talk.”

INTERVAL #1 Treadmill Sprints (4-6 rounds)

- Sprint: 20 - 30 seconds @ **max effort** @ 2% incline
- Active Recovery: Walk for 1 minute
- Rest: 1-1:30 minutes between rounds

INTERVAL #2 Stationary Bike (3-5 rounds)

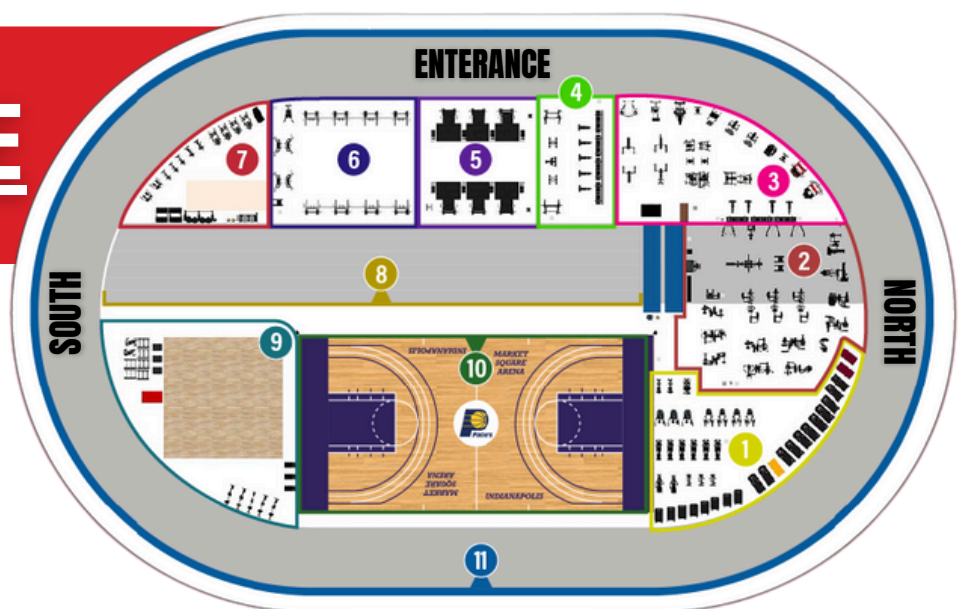
- 30 seconds @ **max effort**
- 1:30 minutes @ **half effort**
- Rest: 1-1:30 minutes between rounds

COOL DOWN (5-10 minutes)

- Moderate intensity that you can “Walk & Talk.”

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  **DEKA** competition entry!