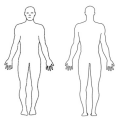
Intervals at high intensity, intermediate

Choose an activity you enjoy. Maintain high intensity during the work period.





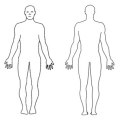
1. Warm-up

#380

You can choose a program and start the treadmill, or just press start. Press plus/minus to change speed, and arrow up/down to change inclination. To finish press stop.

Oppvarming: 10 min, Anstr: 6-14 Borg RPE





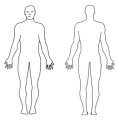
2. Work period

#380

You can choose a program and start the treadmill, or just press start. Press plus/minus to change speed, and arrow up/down to change inclination. To finish press stop.

Tid: 4 min, Puls: 85-95 %, Anstr: 16-18 Borg RPE, Sets: 4 , Pause: 2 min 0 sec





3. Cool-down

#380

You can choose a program and start the treadmill, or just press start. Press plus/minus to change speed, and arrow up/down to change inclination. To finish press stop.

Tid: 5 min, Anstr: 6-12 Borg RPE

Show video