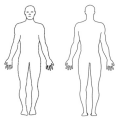
Intervals at high intensity, beginner

Interval workout for beginners with high intensity. You will complete 10 repetitions of 30 seconds of work and 30 seconds of rest. The intensity should be high, 16-18 on the Borg scale.





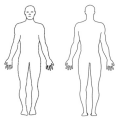
1. Treadmill running

#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.

Duration: 10 min 0 sec, Fatigue: 6-10 Borg RPE





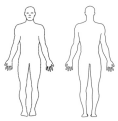
2. Treadmill running

#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.

Duration: 30 sec, Fatigue: 16-18 Borg RPE, Pause: 30 sec, Sets: 10





3. Treadmill running

#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.

Duration: 5 min 0 sec, Fatigue: 6-10 Borg RPE

Show video