

# \* ELLIPTICAL \*

# WORKOUT

## { LUNCH TIME CALORIE CRUNCH }

MINUTE	RESISTANCE	INCLINE	DIRECTION
0:00-3:00	5.0	5.0	Forward
3:00-4:00	8.0	5.0	Forward
4:00-5:00	9.0	8.0	Forward
5:00-6:00	10.0	8.0	Backward
6:00-7:00	9.0	10.0	Forward
7:00-8:00	12.0	11.0	Forward
8:00-9:00	10.0	12.0	Backward
9:00-10:00	14.0	12.0	Backward
10:00-11:00	10.0	12.0	Forward
11:00-12:00	9.0	10.0	Backward
12:00-13:00	10.0	5.0	Forward
13:00-15:00	5.0	5.0	Forward