

* ELLIPTICAL *

WORKOUT

{ 20-MINUTE TABATA TORCHER }

MINUTE	RESISTANCE	INCLINE	DIRECTION
2 Minutes	4.0	5.0	Warm-Up: Keep a Steady Pace
TABATA #1			
2 Minutes	6.0	5.0	Forward Pedal Motion
20 Seconds Push Hard, 10 seconds rest. Repeat x4			
2 Minutes	10.0	5.0	Backward Pedal Motion
20 Seconds Push Hard, 10 seconds rest. Repeat x4			
1 Minute	4.0	5.0	Recover
TABATA #2			
2 Minutes	12.0	5.0	Forward Pedal Motion
20 Seconds Push Hard, 10 seconds rest. Repeat x4			
2 Minutes	8.0	5.0	Backward Pedal Motion
20 Seconds Push Hard, 10 seconds rest. Repeat x4			
1 Minute	4.0	5.0	Cool Down