

# ELLIPTICAL WORKOUT

## GO BIG INTERVAL CHALLENGE

MINUTE	RESISTANCE	INCLINE	FEELING
0:00-5:00	3.0	5.0	Warm-Up
5:00-10:00	8.0	6.0	Endurance: Start to Work
10:00-11:00	8.0	6.0	Push to Breathless
11:00-13:00	8.0	6.0	Recover
13:00-14:00	10.0	5.0	Push to Breathless
14:00-16:00	8.0	5.0	Recover
16:00-20:00	8.0	5.0	Endurance: Steady & Hard
20:00-21:00	10.0	6.0	Push to Breathless
21:00-22:00	8.0	7.0	Recover
22:00-23:00	12.0	7.0	Push to Breathless
23:00-24:00	8.0	7.0	Recover
24:00-28:00	10.0	6.0	Endurance: Steady & Hard
28:00-30:00	3.0	5.0	Cool Down