

Equipment you will need for the workout.

1. **Treadmill** (The workout is written as a treadmill workout, but you can use any type of cardio machine you want (i.e. stair climber, elliptical, bicycle)). You can switch up machines every interval, whatever you prefer.
2. **Dumbbells** by your machine. 10 to 15 lbs or whatever pushes you. (If you are Jess, get 50 to 100 pound dumbbells! :))

Reminder:

Base pace is the running/walking pace you are comfortable at. You're working, but you could run/walk a pretty long distance at this pace.

Let's light em up, because we're on fire!

Warm up 10 min

5 min .3 above base pace

5 exercises

15 Push-ups
15 bicep curls
50 squat jumps
15 standing shoulder press
20 donkey kicks

4 min .5 above base pace

4 exercises

15 push-ups
15 shoulder press
15 bicep curls
50 squat jumps

3 min .5 above base pace

3 exercises

15 push-ups
15 shoulder press
20 donkey kicks

2 min .7 above base pace

2 exercises

15 bicep curls

1 min planks

1 min 1.0 above base pace

1 exercise

1 min plank

If you are feeling hard core then repeat by going back up 1-2-3-4-5.

Stretch