

TEYANA TAYLOR INSPIRED

CARDIO WORKOUT

Equipment needed: Treadmill



Participate at your own risk.

Time (in minutes)	Speed	Incline
0 – 4	4.0 mph	0
4 – 5	4.5 mph	3
5 – 6	6.0 mph	1
6 - 8	7.0 mph	1
8 - 9	8.0 mph	1
9 - 11	4.5 mph	3
11 – 12	6.0 mph	1
12 - 15	7.0 mph	1
15 – 16	8.0 mph	1
16 - 18	4.5 mph	4
18 – 19	6.0 mph	1
19 – 21	7.0 mph	1
21 – 22	8.0 mph	1
22 – 25	4.5 mph	3
25 – 30	3.0 mph	0