



Beki's Fierce 30 Minute HIIT Treadmill Workout



Beginning		Intermediate		Advanced	
Time	Speed	Time	Speed	Time	Speed
0-3	2.5	0-3	3.0	0-3	3.5
3-5	3.5	3-5	4.5	3-5	5.5
5-7	4.5	5-7	5.5	5-7	6.5
7-8	5.5	7-8	6.5	7-8	7.5
8-10	3.0	8-10	3.5	8-10	4.0
10-12	3.5	10-12	4.5	10-12	5.5
12-14	4.5	12-14	5.5	12-14	6.5
14-15	5.5	14-15	6.5	14-15	7.5
15-17	3.0	15-17	3.5	15-17	4.0
17-19	3.5	17-19	4.5	17-19	5.5
19-21	4.5	19-21	5.5	19-21	6.5
21-22	5.5	21-22	6.5	21-22	7.5
22-24	3.0	22-24	3.5	22-24	4.0
24-25	3.5	24-25	4.5	24-25	5.5
25-26	4.5	25-26	5.5	25-26	6.5
26-27	5.5	26-27	6.5	26-27	7.5
27-30	2.5	27-30	3.0	27-30	3.5

Get up to 4,600 steps with the advanced version of this 30 minute workout!

Looking for more steps? Go to bekialexi.com and download my 45 minute fierce HIIT treadmill workout to get up to 7,000 steps!



BEKI ALEXI
— FUEL YOUR FIERCE —