400-CALORIE TUSH-TONING INTERVAL WORKOUT

TIME	PACE	INCLINE	CALORIES BURNED
0:00 - 5:00	4.0 (15min/mile)	1	20
5:00 - 8:00	4.0 (15min/mile)	15	36
8:00 - 9:00	7.0 (8.5min/mile)	1	11
9:00 - 12:00	4.0	15	36
12:00 - 13:00	7.0	1	11
13:00 - 16:00	4.0	15	36
16:00 - 17:00	7.0	1	11
17:00 - 20:00	4.0	15	36
20:00 - 21:00	7.0	1	11
21:00 - 24:00	4.0	15	36
24:00 - 25:00	7.0	1	11
25:00 - 28:00	4.0	15	36
28:00 - 29:00	7.0	1	11
29:00 - 32:00	4.0	15	36
32:00 - 33:00	7.0	1	11
33:00 - 36:00	4.0	15	36
36:00 - 37:00	7.0	1	11
37:00 - 42:00	4.0	1	20

POPSUGAR