

## Boot-Camp

Walking Intervals - Treadmill		
Minutes	Pace	
0-5	Warm Up	
5-6	Walk briskly	
6-8	Walk at moderate pace	
8-9	Walk as fast as possible	
9-11	Walk slowly (recovery)	
11-12	Walk briskly	
12-14	Walk at moderate pace	
14-15	recovery jog or walk (slow)	
15-16	Walk as fast as possible	
16-18	Walk slowly (recovery)	
18-23	Cool down	

Running Intervals - Treadmill		
Minutes	Pace	
0-5	Walking Warm Up	
5-7	Jog	
7-8	Run Fast	
8-9	recovery jog or walk (slow)	
9-10	Run Fast	
10-11	recovery jog or walk (slow)	
11-12	Run Fast	
12-13	recovery jog or walk (slow)	
	alternate 1 min Running Fast with 1 min	
14-30	recovery	
30-32	jogging cool down	
32-33	walking cool down	

Elliptical Intervals		
Minutes	Resistance	
0-5	10	
5-6	11	
6-8	13	
8-9	15	
9-10	11	
10-12	13	
13-14	11	
14-16	13	
16-17	15	
17-18	11	
18-20	13	
20-21	15	
21-23	13	
23-25	10	

Keli Honsberger and OutFIT Marin Boot-Camp strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise.

Keli Honsberger and OutFIT Marin Boot-Camp is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Keli Honsberger and OutFIT Marin Boot-Camp from any and all claims or causes of action, known or unknown, arising out of Keli Honsberger and OutFIT Marin Boot-Camp negligence.

<sup>\*\*</sup>Please take into account your fitness levels prior to beginning and adjust the speed or resistance as needed\*\*