

# Treadmill Fat Loss

Preview!

Challenging  
Treadmill  
Workouts  
to Burn  
Maximum  
Fat



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## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Okay, okay, so I was wrong.....

I've come to realize that all the treadmill bashing I've been doing is falling on deaf ears.

So I re-evaluated the reason I bash the treadmill and I've come to realize that the treadmill has really been getting a bad rep from me.

The treadmill is really no different from any other piece of fitness equipment, the issue I have with the treadmill is with the *general way it's being used*...NOT the actual piece of equipment itself.

I can in no way put the treadmill in the same category as the 'hula chair' or the 'shake weight'. The treadmill has been around for eons and for treadmill lovers, there's no end in sight.

And actually, for good reason....(stay tuned for that).

Here's where the 'eating crow' part comes in....

**If the treadmill were to be used *properly*, then, in my books, it's totally fine as an acceptable method to burn fat and even gain lean muscle tone.**

That's a BIG caveat though. It's a slippery slope from the sort of workout I'm going to suggest to the long, slow plod that I see most folks do on the treadmill...

First of all, I want to tell you the reasons I previously had a hate-on for the treadmill:

- It's lower body based exercise that can open you up to over use injuries if you don't change up your workouts
- You're always moving in a frontal plane which won't challenge your mobility and agility (and again, potential overuse issues)
- Usually folks do long workouts which stimulates cortisol production (the fat storing hormone)
- Minimal core or upper body muscles are developed



- Body transformation is difficult if this is the only exercise done
- Interval training can be OVER DONE, especially when it's not paired with resistance training
- It's boring
- Oh, did I say how boring it is? Most people lose motivation and straight up give up on fitness if these boring long treadmill workouts are only used (but the treadmill is great for hanging laundry on ☺)

So, how can you use the treadmill to avoid these pitfalls? Here are a few tips:

- Keep the workouts short and intense
- Change up your stride or step
- Include upper body and core exercises within your workout
- Spice it up! Do NOT repeat the same workout twice in a row
- To avoid boredom, run naked on the treadmill (Ha! Just checking if you were paying attention – naked running is totally optional ☺)

I wanted to share a few of the fast paced and fun workouts that you'll get with **Treadmill Fat Loss**. As a surprise, I also have a few of the **Ab Definition 2.0** workouts that you'll get as a BONUS with **Treadmill Fat Loss** – seriously, who doesn't want a tighter more toned mid-section?

In the full program, you'll see 21 non-traditional treadmill workouts and 10 ab workouts (just for fun).

Make sure to thoroughly warm up (I'll give you a specific warm up in **Treadmill Fat Loss**) and cool down (again, this will be covered more thoroughly in the program). You'll get more information on how to incorporate **Treadmill Fat Loss** workouts into your plan as well.

You can use the **Ab Definition 2.0** workouts along with the Treadmill Fat Loss workouts, with other Challenge Workouts or on their own.

Here are your workouts to enjoy!

# Treadmill Fat Loss Workout Samples

## Quad Punisher

You will basically repeat set 1 six times and change the incline each time.

### Set 1

1 minute forward walk/jog - easy pace  
30 seconds squats (feet on side of deck)  
30 seconds squat pulse (feet on side of deck)  
30 seconds forward sprint – as fast as you can  
30 seconds forward walk/jog - recovery

### Set 2

Increase incline by 50%  
Repeat set 1

### Set 3

Increase incline by 50%  
Repeat set 1

Repeat sets 1-3 (do six sets total)

## Upper Body BAM

Set your timer for 20 minutes, go through this set as many times as you can.

- 10 inverted rows (feet on frame) (do wall sit stick ups if this isn't possible)
- 10 decline push ups (feet on frame)
- Forward run 1 min – somewhat hard exertion
- Forward run 1 min – step it up!
- Forward sprint 30 seconds – as fast as possible!
- Forward run 1 min - recovery

Repeat for 20 minutes

## Ab Definition 2.0 Workout Samples

### Walk the Plank

Set your timer for 8 minutes and do as much as you can. Count down reps 10, 8, 6, 4, 2 (begin to count back up if time allows).

- Inchworm walk out
- Spider crawl (R/L count as one rep)
- Floor leg raises

### FUW Plank

Set your timer for 1 minute work/10 second rest.

Do 5 burpees and FUW a front plank

Repeat for five rounds.

\*FUW means to do exercise one and then finish the rest of the minute doing exercise two.

**Stay tuned for MORE Treadmill Fat Loss Workouts and the Ab Definition 2.0 Bonus coming your way soon!**