

Treadmill Fat Loss

Exercise Library

Challenging
Treadmill
Workouts
to Burn
Maximum
Fat

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Table of Contents

1. Bulgarian split squat prisoner arm position.....	3
2. Front plank.....	3
3. Gets ups	4
4. Lateral lunges.....	4
5. Plank alternate leg lifts	5
6. Plank reach.....	5
7. Prisoner lunges.....	6
8. Prisoner squat.....	6
9. Pulsing squat	7
10. Push up shoulder touch	7
11. Push ups.....	8
12. Shoe touches.....	8
13. Side plank.....	9
14. Single leg RDL (Romanian deadlift).....	10
15. Spider crawls.....	11
16. Spiderman push ups.....	11
17. Squat pulse.....	12
18. Squats.....	12
19. Treadmill Backward run	13
20. Treadmill Bulgarian Split Squat.....	13
21. Treadmill Burpees	14
22. Treadmill Calf Raise.....	14
23. Treadmill Decline push up	15
24. Treadmill Dips	15
25. Treadmill Forward Run.....	16
26. Treadmill Incline Push up.....	16
27. Treadmill Inverted row	17
28. Treadmill Side Shuffle	17
29. Treadmill Squat Lateral Leg Lift.....	18
30. Treadmill Walking Lunges	18
31. Treadmill Windshield Wiper Abs	19

32. Wall sit stick up 20

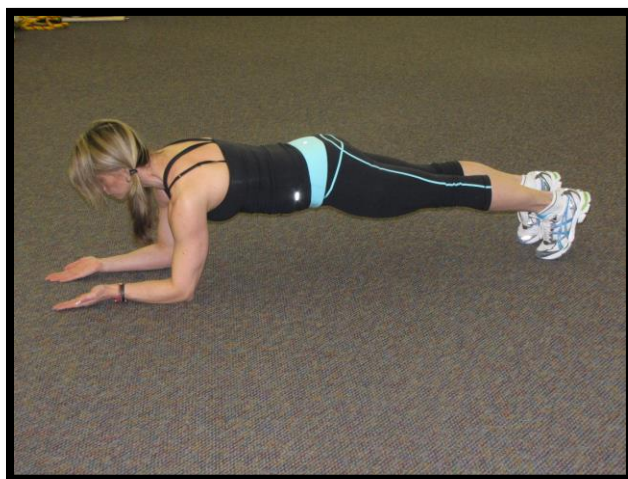
1. Bulgarian split squat prisoner arm position

- Rest one foot on a bench.
- Step forward with the other foot, do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.
- Lace the fingers behind head and squeeze elbows back (not pictured).



2. Front plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



3. Gets ups

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



4. Lateral lunges

- Keep the chin up and chest high
- Step directly sideways as far as possible
- Bend the leg and drop the hips backwards
- Lift up the toes of the extended leg to elongate it and feel a stretch
- Return to standing by pushing off the bent leg
- Modify by pushing off the knees with the hands
- Add a weight in the goblet position to intensify



5. Plank alternate leg lifts

- Get into a plank position on the elbows
- Lift alternate legs
- Keep hips and shoulders square to the floor



6. Plank reach

- Assume a high plank position, balance on the hands or the elbows
- Slide one hand forward as much as possible while maintaining the shoulders and hips at the same level
- Repeat with opposite hand



7. Prisoner lunges

- Lace the fingers behind the head and squeeze the elbows back.
- Keep the chin up and chest up.
- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg
- Add weights to load the movement.
- Modify – if the knees are irritated with a lunge, swap out a stiff legged dead lift to work the hamstrings instead, or modify depth



8. Prisoner squat

- Place hands behind head
- Chin up, squeeze upper back to keep elbows back
- 'Sit' into squatting position and return to standing



9. Pulsing squat

- Push hips back into sitting position
- Lift and lower hips slightly in pulsing motion
- Maintain sitting position, do not lock the knees into a standing position



10. Push up shoulder touch

- Get into plank position with hands wider than shoulder width
- Keep ears, shoulders, hips and ankles all in alignment
- Slowly lower chest toward ground
- Return to plank position
- Touch opposite shoulder between reps



11. Push ups

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify – drop to the knees



12. Shoe touches

- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs



13. Side plank

- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder



14. Single leg RDL (Romanian deadlift)

- Hold DB's with straight arms at the sides
- Balance on one leg, hold abs tight, lift heel up and drop chest parallel to ground
- Try not to bend at the waist
- Keep chin up, soft knee on stabilizing leg, return heel to the ground
- Repeat on opposite side



15. Spider crawls

- Assume a high plank position
- While keeping the hips level, bring one foot up as close to the same hand as possible
- Return to the high plank position
- Repeat with the other foot



16. Spiderman push ups

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- Modify – do the push up, then the spider crawl without bringing the elbow to the knee



17. Squat pulse

- Push hips back into sitting position
- Lift and lower hips slightly in pulsing motion
- Maintain sitting position, do not lock the knees into a standing position



18. Squats

- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Intensify by adding weight at the shoulders (hold as if doing a press)
- Modify –unload, modify depth



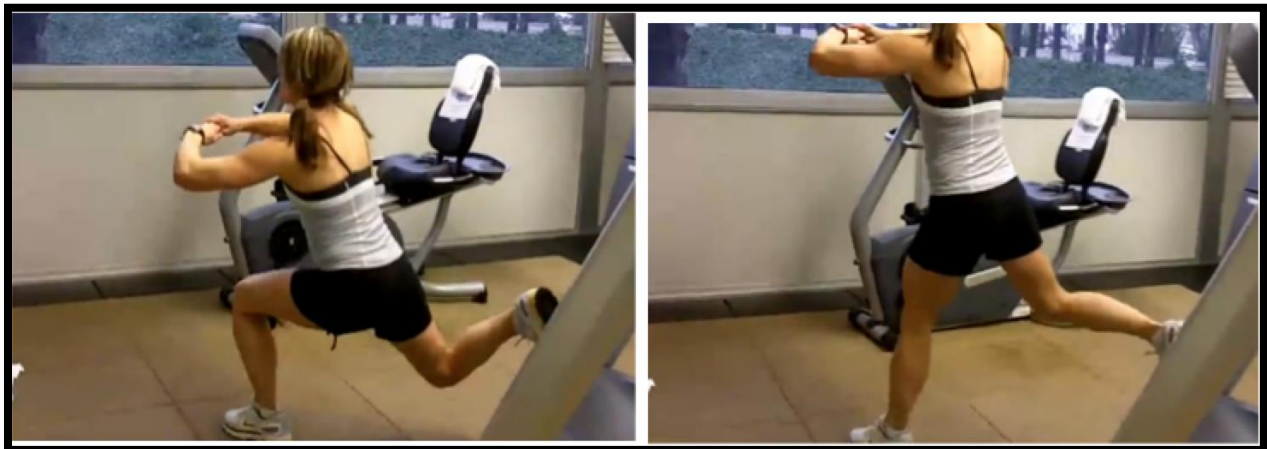
19. Treadmill Backward run

- Set the treadmill to the desired speed and run backwards



20. Treadmill Bulgarian Split Squat

- Place one foot on the frame of the treadmill
- Lunge forward on the other foot, making sure the knee is directly on top of the toe.
- Slowly lower your hips down, back knee towards the floor and return to standing.
- Repeat on the other side.



21. Treadmill Burpees

- Step OFF the treadmill
- Place the hands on the side rail of the treadmill
- Hop the feet out to a full plank position
- Optional: push up
- Hop the feet back in
- Jump up



22. Treadmill Calf Raise

- Balance on the frame of the treadmill on one or both feet.
- Drop the heel(s) towards the floor, feel a stretch through the calf.
- Return to standing and then up on the toe(s).



23. Treadmill Decline push up

- Place the feet on the frame of the treadmill.
- Assume a high plank position.
- Lower the chest towards the floor and return to the high plank position.
- Keep the elbows close to the sides and the fingertips pointing forward.



24. Treadmill Dips

- Place the hands on the frame of the treadmill, fingers facing the body.
- Keep the shoulders directly over the hands.
- Lower the body towards the floor and return to straight-arm position.



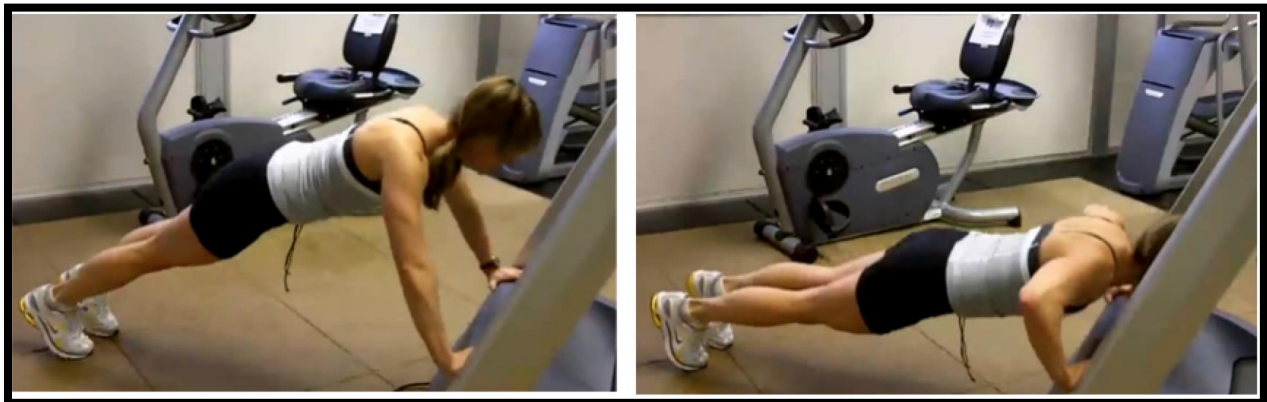
25. Treadmill Forward Run

- Set the treadmill to the desired speed and run!



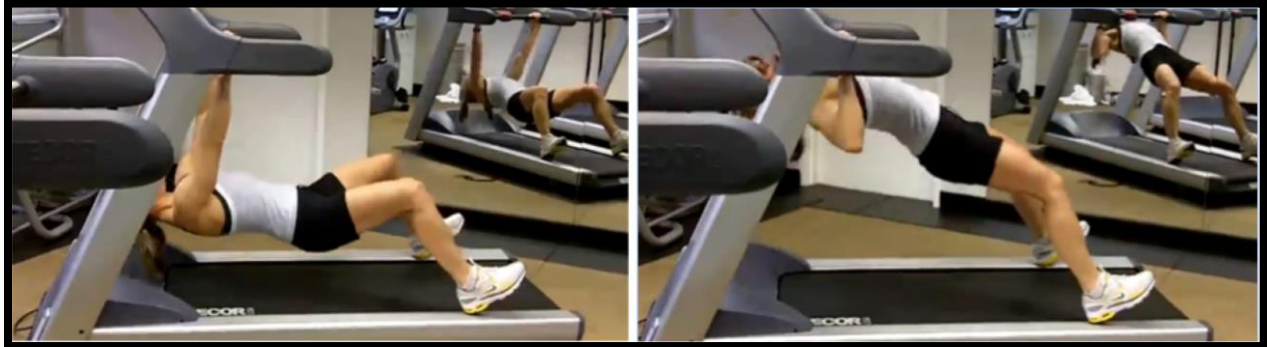
26. Treadmill Incline Push up

- Place the hands on the frame of the treadmill.
- Assume a high plank position.
- Lower the chest towards the treadmill and return to the high plank position.
- Keep the elbows close to the sides and the fingertips pointing forward.



27. Treadmill Inverted row

- Place the feet on the frame of the treadmill and assume a reverse plank position.
- Grasp the handles with a comfortable grip.
- Pull the chest upwards while squeezing the shoulder blades together.
- Return to straight-arm position.
- Use the legs as necessary to help drive the hips upwards.



28. Treadmill Side Shuffle

- Check the speed of the treadmill
- Turn side ways
- Stay in a low position
- Step sideways towards the console
- Continue to shuffle sideways
- Repeat on the other side



29. Treadmill Squat Lateral Leg Lift

- Place one foot on the floor and one on the frame of the treadmill.
- Squat down, dropping the hips backwards.
- Return to standing while balancing on the foot that's on the treadmill frame.
- At the top of the squat, lift the other leg at a 45 degree angle backwards, squeezing the glute.
- Keep the shoulders directly over the hips.



30. Treadmill Walking Lunges

- Check speed of the treadmill belt (start slowly)
- Step forward on one foot
- Drop back knee almost to the belt
- Repeat on the other side
- Works well with the belt inclined



31. Treadmill Windshield Wiper Abs

- This can be done on a stationary treadmill deck or the floor.
- Lie on the back, folding at the hips, lifting the heels above the hips.
- Press the lower back into the floor or treadmill deck to avoid arching.
- Rock the legs from side to side while maintaining contact with the floor (or deck) with the lower back.
- To increase intensity, allow the legs to sweep further from side to side.



32. Wall sit stick up

- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length
- Stand with your back against a wall. Your feet should be as close to the wall as possible and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.

