



T-16 TREADMILL

DARE TO BE DIFFERENT.
TRANSFORM YOUR TREADMILL WORKOUT.



ONE

Walk, jog, run - or lunge

One foot forward to walk, jog or run. But that's what they expect. Try walking lunges at a relatively low speed with a slight incline. Work the glutes and the hamstrings. Keep knees bent at 90 degrees.



TWO

Walking plank

Take the traditional, stationary plank one step further to work the shoulders and stabilisers. Set the treadmill to a slow 1 to 2kph speed, get into plank position with your hands on the treadmill sides to begin with. Carefully place your hands on the slow moving belt, keeping your body in a straight line from head to heels, and walk your hands forward.



THREE

Low squat side shuffle

Fire up the glutes and quads. Position yourself sideways on, quarter-squat, chest up, core tight. 1-3kph set on the speedometer. Focus on one side, then switch.

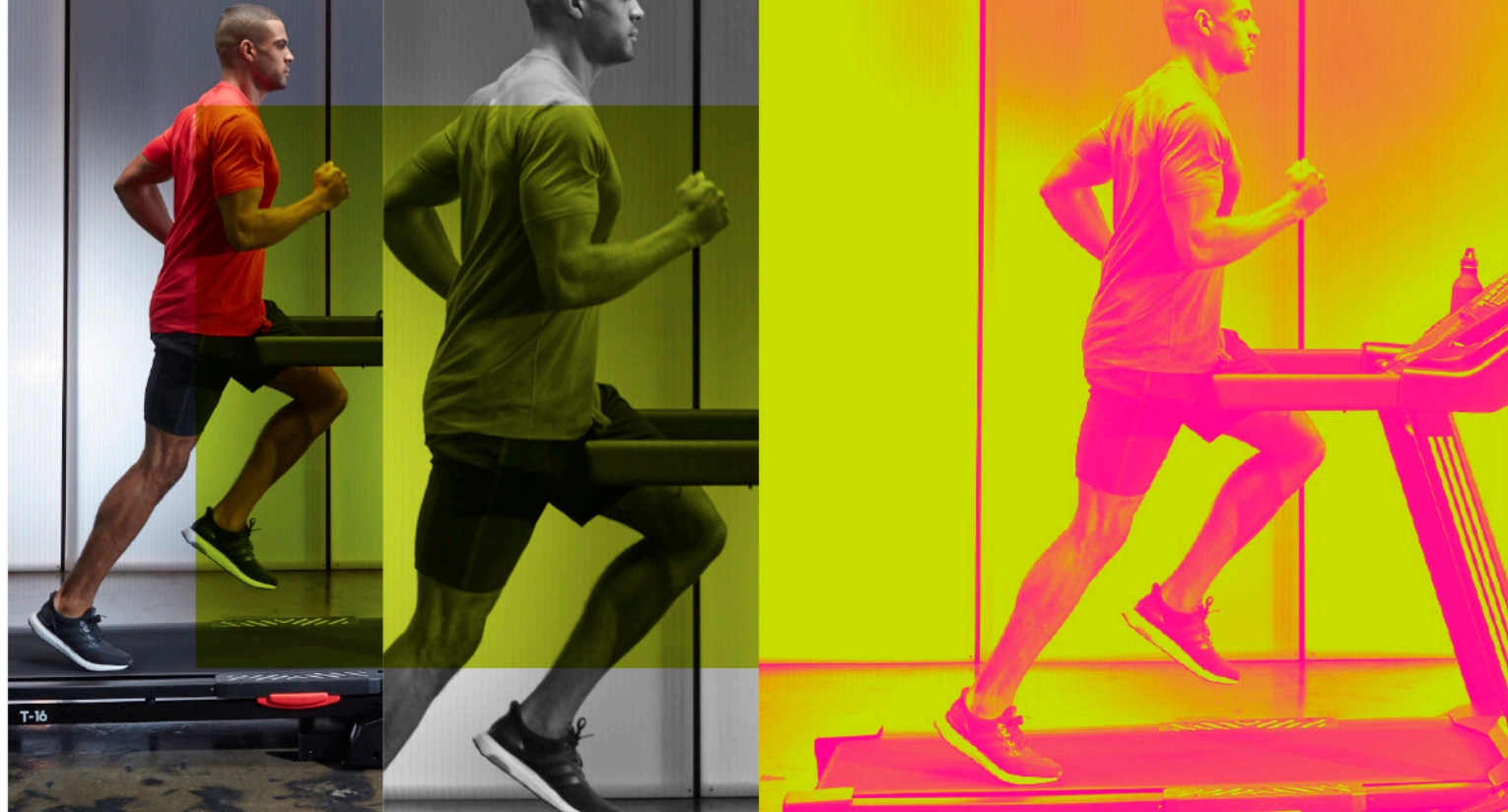


FOUR

Dumbbell climb

Safety first on the dumbbell climb. Ensure you're carrying a comfortable amount of weight at the right speed of the treadmill. With this move, your hands won't be free to hold onto the treadmill arms. You could opt for wrist weights rather than dumbbells.

With that in mind and dumbbells clasped in each hand (or wrist weights attached), set the treadmill to a suitable incline to feel challenged.



FIVE

Interval test

Time. A precious commodity. Don't waste it. After warm up, alternate 30 second sprinting intervals with 30 seconds or 1 minute recovery. This short routine is especially effective when combined with a strength training session.

