

20 Minute Beginner-Treadmill Cardio Workout

Description: This cardio workout is designed to build proper walking/speed walking technique while improving cardiovascular endurance and heart health!

Club Area: Cardio Area

Equipment Needed: Treadmill

Judgement Free Tip: Understanding Target Heartrate and Max Heartrate is important to staying within a safe range of beats per minute (bpm) while maximizing calorie burn during your workout. Ask a PF Trainer to calculate these for you if you're unsure what your range should be.



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Arm Circles
2. Hip Openers
3. Standing Hamstring Stretch
4. Jog in Place

Main Workout

Based on your rate of perceived exertion (RPE). This scale ranges from 1-10, with 1 = very light and 10 = max effort. Keep in mind, everyone's RPE is different. So, gage your intensity off of how you are feeling.

Walking Intervals

- 3 Minutes - Walking on RPE 4
- 2 Minutes - Speed walk on RPE 5
- 1 Minute - Recovery walk RPE 3
 - Repeat 1x
- 1 Minute - Speed walk RPE 6
- 1 Minute - Recovery walk RPE 3

Cool-down/30 sec each

1. Hip Flexor Stretch
2. Pigeon Stretch
3. Seated Hamstring Stretch
4. Cobra Stretch

