

Treadmill work out interval training.

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

jump off

1 minute over head press

jump on

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute
fly with bent elbows nice right angle

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute shoulder raise with bent elbow ...elbow at waist start and lift till arms shoulder wrist are in one line...

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute bicep curls your choice

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute push ups

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute tri cep work

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute ab crunch on the ball

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute straight leg crunch

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

1 minute boxer crunch legs straight or bent

30 seconds walk on treadmill
1 minute sprint (your sprint level, just make sure it is a spring)
30 second walk

done!