



As part of the challenge, you must complete at least 3 of these options. The mileage counts towards the total so fill that in page 1 in addition to this page. Simply fill out the info below.

**1. Star Trac Treadmill: Program Choice #1– Fat Burner Run**

Instructions:

1. Get on treadmill and choose “Coach” (you will see the blond woman coach).
2. Choose Running
3. Choose Fat Burner
4. Choose Mixed Terrain
5. Time for 30 minutes
6. Follow her instruction and have a great workout!

Fill out at the end:

Distance: \_\_\_\_\_ Calories: \_\_\_\_\_ Aver. Pace: \_\_\_\_\_

What was your Base Speed? \_\_\_\_\_

**2. Star Trac Treadmill Program #2 – Endurance Walk**

1. Get on treadmill and choose “Coach” (you will see the blond woman coach).
2. Choose Walking
3. Choose Endurance
4. Choose Mixed Terrain
5. Time for 45 minutes
6. Follow her instruction and have a great workout!

Fill out at the end:

Distance: \_\_\_\_\_ Calories: \_\_\_\_\_ Aver. Pace: \_\_\_\_\_

What was your Base Speed? \_\_\_\_\_

**3. PreCor Treadmill program either “Interval” or “Performance”**

1. Get on treadmill and Press either “Interval” or “Performance”
2. Press OK
3. Choose a speed to walk for at least 45 minutes or run for 30.

Fill out at the end:

Distance: \_\_\_\_\_ Duration: \_\_\_\_\_

**4. Matrix Treadmill program “Rolling Hills”**

1. Get on treadmill and Press Rolling Hills (upstairs Matrix press training first)
2. Press Enter
3. Choose level 1-9
4. Enter weight and press enter
5. Choose a speed to walk for at least 45 minutes or run for 30.
6. Press GO

Fill out at the end:

Distance: \_\_\_\_\_ Duration: \_\_\_\_\_

**5. PreCor AMT machines program “Interval”**

1. Get on machine and Press either “Interval”
2. Enter in information (choosing 45 minutes for time)
3. Change the resistance to at least 6 and feel free to increase to 10 or higher!

Distance: \_\_\_\_\_ Duration: \_\_\_\_\_