

Fit Bit Friday 157

The Stairmaster Sweatfest Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: In this routine, you'll alternate easy/moderate and hard efforts, cranking up the climbing speed and stepping faster in order to increase intensity. After you've finished that portion which lasts a total of 22 minutes (trust me, it'll fly by!), you'll finish off strong with 3 rounds of 30s fast climbing, each followed with 30s easy climbing. The interval lengths in this routine keep changing, which means your body will be confused and constantly challenged. And THAT means faster results!

		RPE
0:00-5:00	Warm Up - Climb at easy pace	4 to 6
5:00-9:00	Easy/Moderate effort - 4 mins	6
9:00-12:00	Hard effort - 3 mins	8.5
12:00-14:00	Easy/Moderate effort - 2 mins	6
14:00-15:00	Hardest effort - 1 min	9
17:00-20:00	Easy/Moderate effort - 2 mins	6
20:00-23:00	Hard effort - 3 mins	8.5
23:00-27:00	Easy/Moderate effort - 4 mins	6
27:00-30:00	Alternate 30s climbing fast at an intense effort level with 30s climbing slower at an easy pace for 3 mins.	9 to 7
30:00-35:00	Active recovery and cool-down - Climb slowly or walk at an easy pace until heart rate returns to normal	6 to 4

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