

FitSugar Elliptical Workouts

Fold this paper into thirds, take it to the gym, and follow the workout that best suits your needs.

Time Saver

Going hands-free will really work your core.

Time	Resistance	SPM*	Details
0:00-3:00	3	130	Warm up
3:00-5:00	3	150	Warm up
5:00-7:00	5	150	No hands
7:00-9:00	7	170	No hands
9:00-11:00	5	150	No hands
11:00-13:00	9	170	No hands
13:00-15:00	5	140	No hands
15:00-16:00	7	200	Hands
16:00-18:00	5	130	Backward w/ hands
18:00-19:00	7	130	Forward no hands
19:00-21:00	9	170	No hands
21:00-22:00	5	130	Cool down
22:00-24:00	3	120	Cool down
24:00-25:00	3	110	Cool down

Busy-Body Workout

This quick-changing program prevents cardio machine boredom.

Time	Level	Directions	SPM*
0:00-5:00	3	Warm up	
5:00-6:00	5		
6:00-7:00	5	Backward	
7:00-9:00	7	Forward No Hands	
9:00-11:00	10	Hands	135-145
11:00-13:00	6	Backward	
13:00-15:00	8	Forward	145-155
15:00-17:00	6		
17:00-19:00	6		145-155
19:00-21:00	6	Backward	
21:00-22:00	6	Forward No Hands	
22:00-24:00	10	Hands	135-145
24:00-26:00	8	Backward	
26:00-29:00	8	Backward	
29:00-31:00	8	Forward	145-155
31:00-34:00	8	No hands	
34:00-35:00	5	Hands	
35:00-40:00	3	Cool down	

*SPM = Strides per minute

Incline Booty Workout

Increasing the incline kicks your backside into action.

Time	Resistance	Incline	SPM*
0:00-2:30	3	5	110-130
2:30-5:00	5	7	120-130
5:00-10:00	9	11	130-140
10:00-15:00	9	13	130-140
15:00-20:00	9	15	130-140
20:00-25:00	11	15	120-130 backward
25:00-30:00	9	15	130-140 forward
30:00-32:30	5	5	120-130
32:30-35:00	3	5	120-130

*SPM = Strides per minute

Resistance Workout

Playing with the resistance will keep you engaged.

Time	Resistance	Speed	RPE**
0:00-5:00	3	Slow	2-3
5:00-7:30	5	Medium	4-5
7:30-10:00	5	Fast	6-7
10:00-12:30	7	Medium	6-7
12:30-15:00	7	Fast	8-9
15:00-17:30	9	Medium	6-7
17:30-20:00	9	Fast	8-9
20:00-25:00	10	Fast	8-9
25:00-30:00	3	Slow	2-3

**RPE = Rate of perceived exertion, 1 being easy and 10 being all out



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