

20 Minute Glute Sculpt

Minutes: 0:00-5:00	MPH: 4	Incline: 3-3.5
Minutes: 5:00-7:00	MPH: 4	Incline: 8-10
Minutes: 7:00-8:00	MPH: 4	Incline: 4-6
Minutes: 8:00-10:00	MPH: 4	Incline: 10
Minutes: 10:00-11:00	MPH: 4	Incline: 5-7
Minutes: 11:00-13:00	MPH: 4	Incline: 12
Minutes: 13:00-14:00	MPH: 4	Incline: 10
Minutes: 14:00-15:00	MPH: 4	Incline: 12
Minutes: 15:00-20:00	MPH: 4	Incline: 2-4
Minutes: 0:00-5:00	MPH: 4	Incline: 3-3.5
Minutes: 5:00-7:00	MPH: 4	Incline: 8-10