

45-MINUTE, FAT-BURNING
TREADMILL
 WORKOUT

TIME | **PACE**
 (MPH) | **CALORIES BURNED*** / **ACCUMULATIVE CALORIES** | **RPE****

00:00-05:00	5.0	36 / 36	1-3
05:00-10:00	6.0	45 / 81	4-7
10:00-12:00	7.0	20 / 101	8-10
12:00-15:00	6.0	27 / 128	5-7
15:00-17:00	7.5	22 / 150	8-10
17:00-20:00	6.0	27 / 177	4-7
20:00-22:00	8.0	23 / 200	8-10
22:00-25:00	6.0	27 / 227	4-7
25:00-27:00	7.5	22 / 249	8-10
27:00-30:00	6.5	30 / 279	4-7
30:00-32:00	8.0	23 / 302	8-10
32:00-35:00	6.5	30 / 332	4-7
35:00-37:00	8.0	23 / 355	8-10
37:00-40:00	6.5	30 / 385	4-7
40:00-45:00	5.0	36 / 421	8-10

*CALCULATIONS ARE BASED ON A 130-POUND WOMAN

**RPE = RATE OF PERCEIVED EXERTION