



## 30 minute treadmill cardio workout routine

- Warm up at **3 mph** for at least **5 minutes** at **1%** incline
- Then walk/jog for **5 minutes** at **3.5 – 4.5 mph** at **1%** incline
- Increase the incline to **2.5%** for **1 minute**
- Slow down and power walk for **3 minutes**
- Increase the speed to **5.0-5.5 mph** and run for about **1 minute**.
- Slow jog for **2 minutes** at incline **1.5%** at speed of **4.0-4.5mph**
- Increase the incline to **2.5%** and speed to **5.0-5.5 mph** and run for **2 minutes**
- Reduce the speed to a comfortable pace and catch your breath for **1 minute**
- Increase the speed to **5 mph** and run for **5 minutes**  
(if **5 mph** is not comfortable for you to keep up with, reduce it to a speed that is right for you. )
- Cool down and decrease the speed to a walking pace for **5 minutes**. This treadmill cardio workout routine has a lot of health benefits and is especially very good for your heart. If you have heart related problems then a cardio workout on a treadmill can be highly effective in improving this condition.