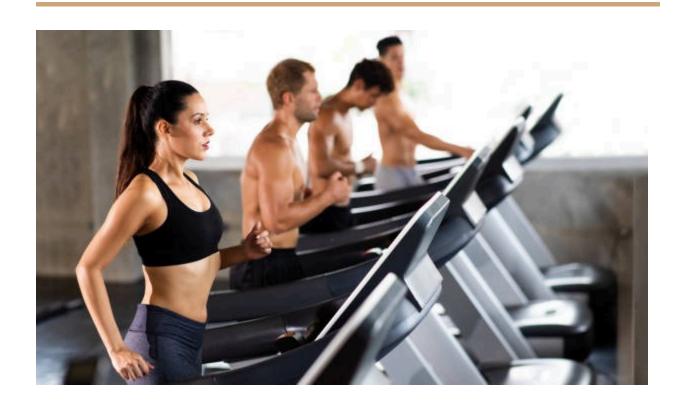
<u>HIIT Treadmill Workout: Boost Cardio and Burn Fat Fast \rightarrow Share tips on how to maximize fat burn with high-intensity intervals on the treadmill.</u>



h The HIIT Treadmill Workout Plans

1. 20-Minute Fat Blaster HIIT

• Target Fitness Level: Intermediate

• **Primary Goal:** Fat Loss

• **Equipment:** Any treadmill

• Total Duration: 20 minutes

Phase	Duratio n	Speed (MPH)	Incline (%)	RPE	Notes
Warm-up	5 min	3.0-3.5	0%	3-4	Brisk walk + light jog

Work x4	30 sec	8.0	1%	8-9	Sprint
Recovery x4	60 sec	3.0	0%	3-4	Walk
Cool-down	5 min	2.5–3.0	0%	2-3	Walk + static stretching

Progress Tip: After 1 week, increase sprint time to 40 seconds or reduce recovery to 45 seconds.

2. Beginner-Friendly Treadmill HIIT Intro

• Target Fitness Level: Beginner

• **Primary Goal:** Cardio Foundation

• **Equipment:** Any treadmill

• **Total Duration:** 18 minutes

Phas	Duratio	Speed (MPH)	Incline (%)	RPE	Notes
е	n				

Warm-u	5 min	3.0	0%	3	Brisk
р					walk

Work x3	20	6.0	1%	7-8	Push but
	sec				manageable

Recovery x3	90	3.0	0%	3	Walk
	sec				

Cool-down	5 min	2.5	0%	2	Walk +
					stretch

Tip for Newbies: Start slow. Focus on good form before speed.

3. Speed Endurance HIIT Builder

• Target Fitness Level: Intermediate-Advanced

• **Primary Goal:** Endurance + Fat Burn

• Total Duration: 25 minutes

• **Equipment:** Treadmill with incline

Phase	Duratio n	Speed (MPH)	Incline (%)	RPE	Notes
Warm-up	5 min	3.0-5.0	0%	3-4	Walk to jog
Work x6	45 sec	7.5–9.0	1%	8-9	Moderate-high sprints
Recovery x6	60 sec	3.5	0%	3-4	Active recovery walk
Cool-down	5 min	2.5	0%	2-3	Walk + stretch

Add Challenge: Increase incline by 1% each week.

4. Advanced Incline Challenge HIIT

• Target Fitness Level: Advanced

• **Primary Goal:** Leg Strength + Fat Loss

• Total Duration: 28 minutes

• **Equipment:** Incline-capable treadmill

Phase	Duratio n	Speed (MPH)	Incline (%)	RPE	Notes
Warm-up	5 min	3.5	1%	4	Easy jog
Work x5	30 sec	6.5	8%	9	Push hard uphill
Recovery x5	60 sec	3.0	1%	3	Active walk
Cool-down	5 min	2.5	0%	2	Walk + static stretch

6 Incline Torch Mode: Legs will feel this one—hello glutes and hamstrings!

5. The Lunch Break 15-Min HIIT Express

• Target Fitness Level: All

• **Primary Goal:** Time-efficient Fat Burn

Total Duration: 15 minutesEquipment: Any treadmill

Phase	Duratio n	Speed (MPH)	Incline (%)	RPE	Notes
Warm-up	3 min	3.0	0%	3	Walk
Work x4	40 sec	7.0	1%	8	Moderate sprint

Recovery x4	40 sec	3.0	0%	3	Walk
Cool-down	3 min	2.5	0%	2	Walk & short stretch

Perfect for: Office workers, busy parents, students.

Progression Tips

Here's how to make your **HIIT treadmill workout for fat loss** more effective over time:

- **Increase Work Time:** Start with 30 seconds, progress to 45–60 seconds.
- **Reduce Recovery:** Shave off 10–15 seconds as your endurance improves.
- Raise Incline: Adds resistance, activating more leg muscles.
- Add Rounds: More cycles = more challenge.

Standardized Cool-Down (5 Minutes)

- 2–3 minutes walking (2.5–3.0 MPH)
- Static stretches:
 - Standing quad stretch (30 sec/leg)
 - Seated hamstring stretch
 - Calf stretch (against wall or treadmill base)
 - Glute stretch (lying or seated)