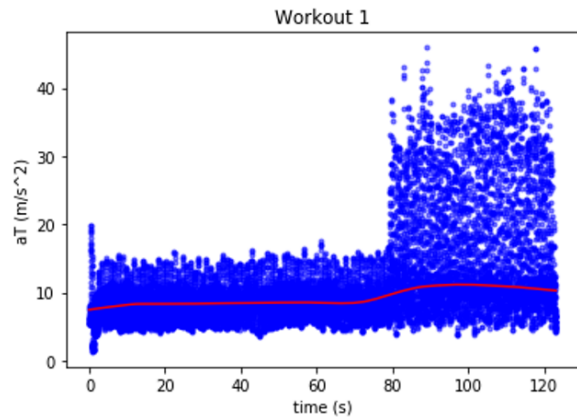
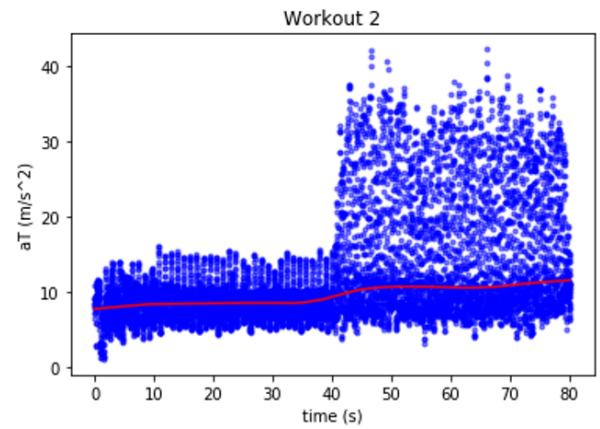


The timings here are estimates as I counted them in my head.

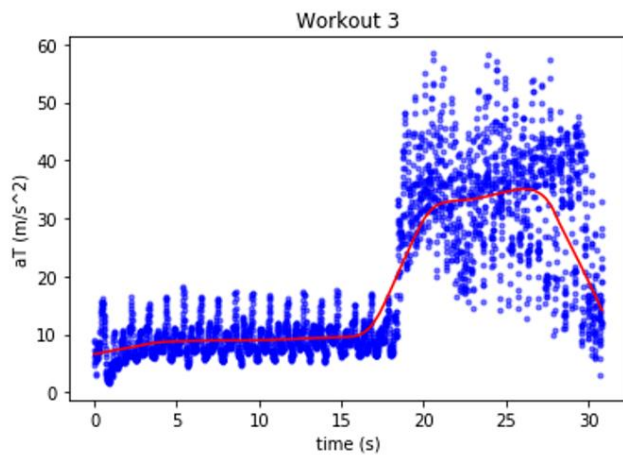
workout 1
1 minute walk
30 sec jog



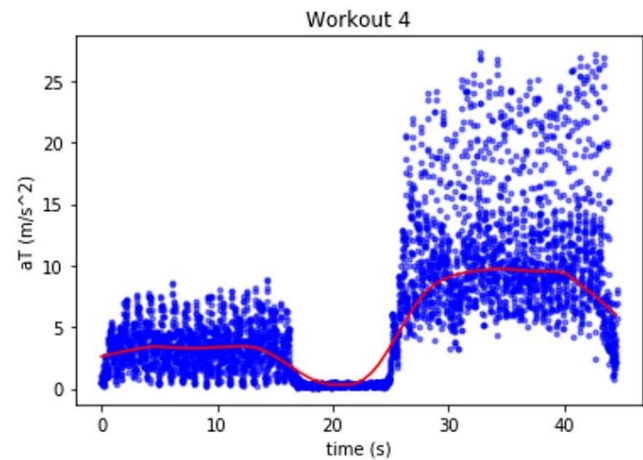
workout 2
30 second walk
30 second jog



workout 3
15 second walk
10 second run
10 second jog

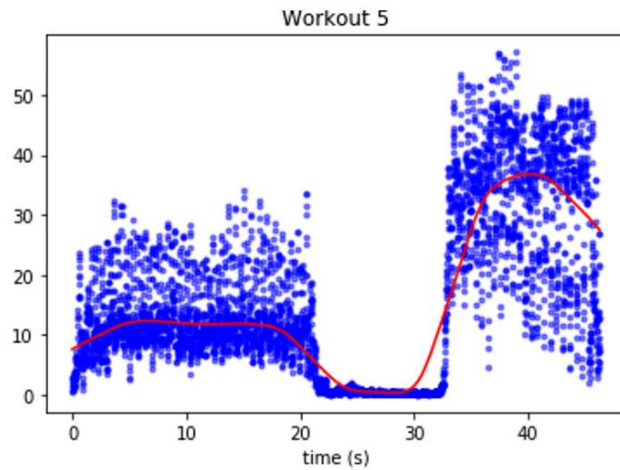


workout 4
15 second walk
10 second stand
15 second jog



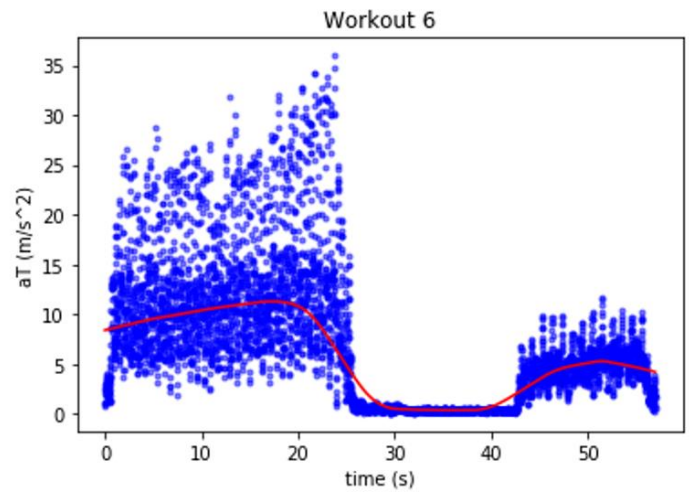
workout 5

15 seconds jog
10 seconds stand
10 seconds run



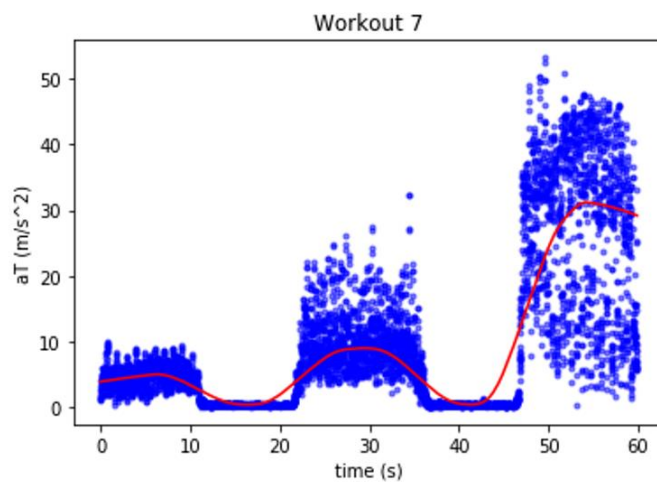
workout 6

20 seconds jog
15 seconds stand
10 second walk



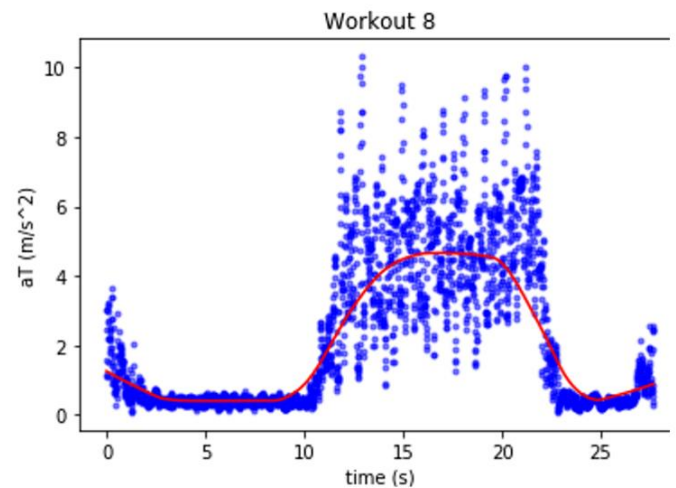
workout 7

10 second walk
10 second stand
10 second jog
10 second stand
10 second run



workout 8

10 second stand
10 second walk
5 second stand



workout 9
10 second walk
10 second stand
5 second walk

