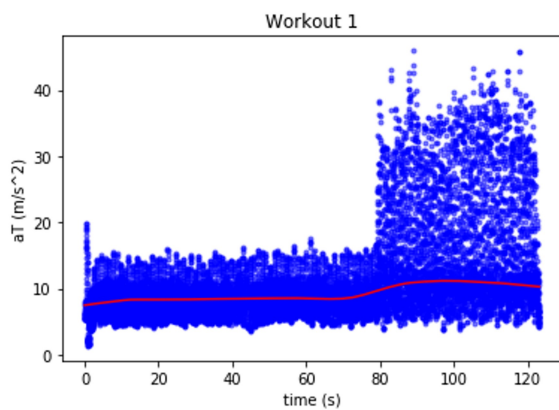


The timings here are estimates as I counted them in my head.

workout 1

1 minute walk

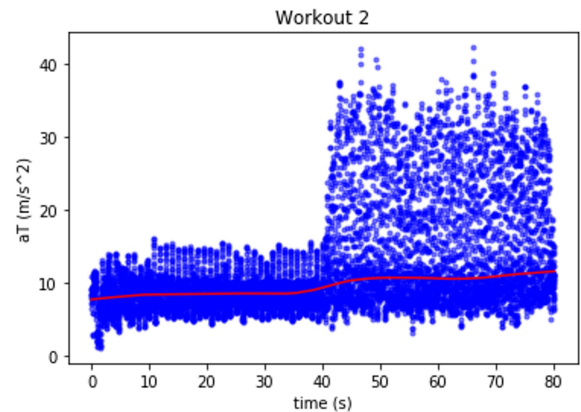
30 sec jog



workout 2

30 second walk

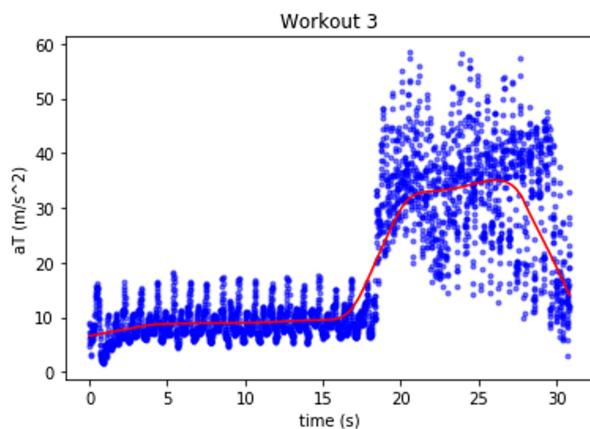
30 second jog



workout 3

15 second walk

10 second run

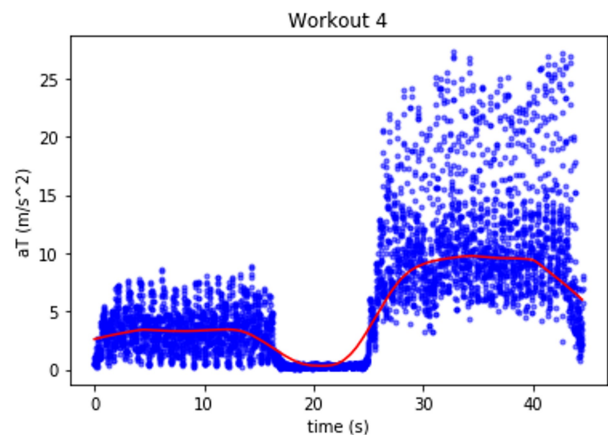


workout 4

15 second walk

10 second stand

15 second jog

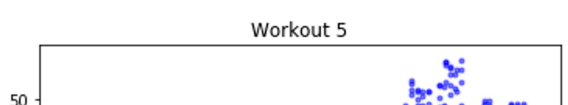


workout 5

15 seconds jog

10 seconds stand

10 seconds run

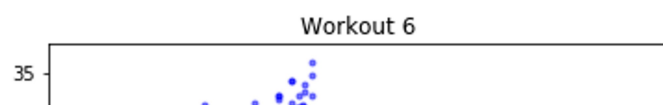


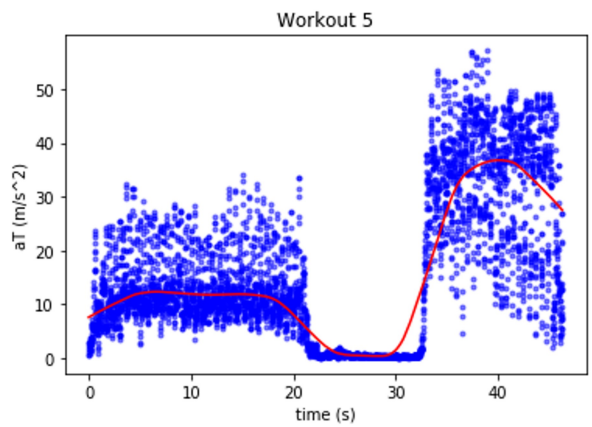
workout 6

20 seconds jog

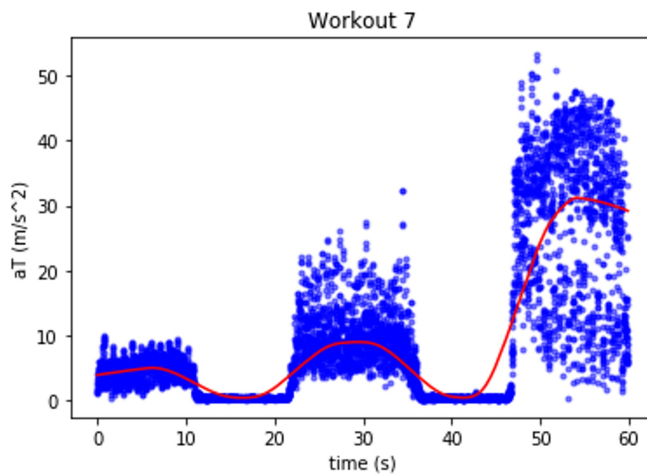
15 seconds stand

10 second walk

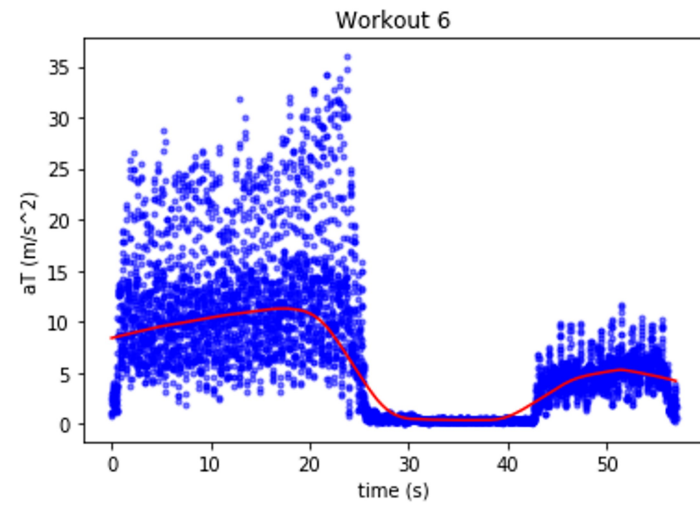
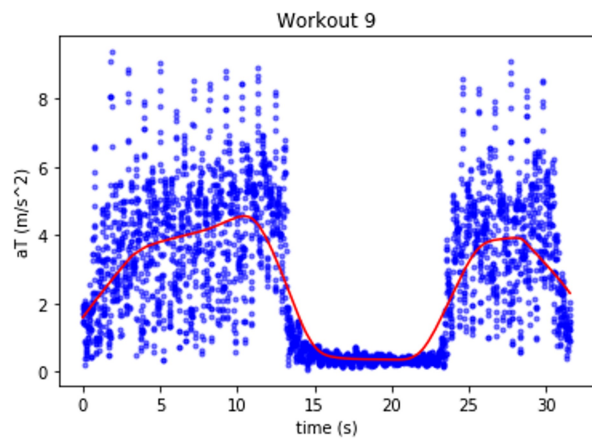




workout 7
 10 second walk
 10 second stand
 10 second jog
 10 second stand
 10 second run



workout 9
 10 second walk
 10 second stand
 5 second walk



workout 8
 10 second stand
 10 second walk
 5 second stand

