

## The Top 4 Treadmill Workouts



Are you unable to perform aerobic training outside due to Mother Nature or other environmental factors? I understand the treadmill seems to be the only option for outside endurance runners. Treadmill workouts can seem boring if you proceed to run at the same pace, incline, for the same amount of time. Why not try to spice things up on the treadmill and actually make the workout worth your time. These four workouts use similar principles used in high intensity interval training, which are known to aid in fat loss by keeping the bodys metabolism high, even hours after completely the workout. I am a certified personal trainer by the National Federation of Professional Trainers, certificate number 45582.

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