

Cardio Interval Workouts

Beginner - 20 Minutes

TIME	FEEL	MINUTES	LEVEL
0:00	Warm up - Easy	2:00	2
2:00	Easy to Moderate	2:00	4
4:00	Moderate to Hard	1:00	7
6:00	Easy to Moderate	2:00	4
8:00	Moderate to Hard	1:00	7
9:00	Easy to Moderate	2:00	4
11:00	Moderate to Hard	1:00	7
12:00	Easy to Moderate	2:00	4
14:00	Moderate to Hard	1:00	7
15:00	Easy to Moderate	2:00	4
17:00	Moderate to Hard	1:00	7
18:00	Cool down - Easy	3:00	2
20:00			