

Butt Kicking Elliptical Workout

Time	Resistance	Pedal Direction
0:00 – 5:00	5	Forward
5:00 – 7:00	8	Forward
7:00 – 8:00	5	Forward
8:00 – 10:00	8	Backward
10:00 – 11:00	5	Backward
11:00 – 13:00	8	Forward
13:00 – 14:00	5	Forward
14:00 – 16:00	8	Backward
16:00 – 17:00	5	Backward
17:00 – 19:00	10	Forward
19:00 – 20:00	6	Forward
20:00 – 22:00	10	Backward
22:00 – 23:00	6	Backward
23:00 – 25:00	10	Forward
25:00 – 26:00	6	Forward
26:00 – 28:00	10	Backward
28:00 – 29:00	6	Backward
29:00 – 30:00	10	Forward
30:00 – 31:00	12	Forward
31:00 – 32:00	10	Forward
32:00 – 33:00	6	Forward
33:00 – 34:00	10	Backward
34:00 – 35:00	12	Backward
35:00 – 36:00	10	Backward
36:00 – 37:00	6	Backward
37:00 – 38:00	10	Forward
38:00 – 39:00	12	Forward
39:00 – 40:00	10	Forward
40:00 – 41:00	6	Forward
41:00 – 42:00	10	Backward
42:00 – 43:00	12	Backward
43:00 – 44:00	10	Backward
44:00 – 45:00	6	Backward
45:00 – 50:00	5	Forward