

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

30/30 Aerobic Builder

What This Workout Is

A simple interval routine alternating 30 seconds of moderate effort with 30 seconds of easy recovery.

How To Do It

1. Warm up 3–5 minutes.
2. 30 seconds moderate effort.
3. 30 seconds easy recovery.
4. Repeat for 10–15 rounds.
5. Cool down 2–3 minutes.

How To Customize It

- Walking: brisk pace → slow pace.
- Treadmill: add incline/speed → reduce for recovery.
- Bike: higher resistance/RPM → easier pace.
- Rower: stronger strokes → lighter strokes.
- No equipment: jog in place → march in place.

Progression Options

- Add 1–2 rounds weekly.
- Increase moderate interval to 40 seconds.
- Slightly increase pace during moderate intervals.