

- Aim for roughly a **7-8 out of 10** effort during the 20-second work periods.
- Work intervals should feel challenging, but they are **not** all-out sprints.
- Use the full 40 seconds to recover and regain control of your breathing.

- Choose a low-impact movement that you can repeat with good form for every round.

Progression Options

- Start with 10 rounds and gradually build toward 15.
- Slightly increase your speed, incline, or resistance during the work periods.
- Progress to 25-30 seconds of work while keeping recovery at 40 seconds.
- Once the routine feels comfortable, try 30 seconds of work / 30 seconds of recovery.