Take A Hike, Unwanted Jiggles

Warm up 5-10 minutes.		
Time	**Speed**	**Incline**
5 minutes	3-4	4
2 minutes	5	8
1 minute	5	12
Repeat 3 times.		
5 minutes	3-4	4
Stretch it out, roll it out, yoga it for long and lean results.		