

GET IT UP - YOUR HEART RATE, THAT IS: STAIRMASTER INTERVAL TRAINING

Updated Jul 23 2012 - 3:59pm · Posted Apr 12 2007 - 10:15am by [FitSugar](#) · [3 comments](#)

[Heart Monitor](#) · [Stairmaster](#) · [Interval Workout](#) · [Cardio Workouts](#) · [Cardio Workout](#)



Looking for a change to your workout? Maybe you should hop on the StairMaster for this heart pumping program.

00:00-05:00 **Warm Up** Level 3

05:00-07:00 Level 6

07:00-09:00 Level 8

09:00-11:00 Level 6

11:00-13:00 Level 8

13:00-15:00 Level 6

15:00-17:00 Level 10

17:00-19:00 Level 8

19:00-21:00 Level 10

21:00-24:00 Level 8

24:00-26:00 Level 10

26:00-28:00 Level 8

28:00-30:00 Level 10

30:00-35:00 **Cool Down** Level 3

Remember: Don't hold on for dear life, just for balance if needed. Holding on is not only [cheating](#) but it also puts you at risk for injury as your body is not in proper alignment. If this program seems too hard (you're holding on) or easy (you're hardly breaking a sweat) you can go up or down in levels based on your personal level of fitness. Let me know how it goes!