



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



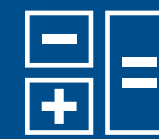
Diet Plans



Expert Guides



Videos



Tools

THE ULTIMATE 20 MINUTE TREADMILL WORKOUT TO GET SHREDDED

Tired of those drawn-out cardio sessions that steal your pump? Try out Coach Myers' Pump & Run workout that'll help you shred without losing your pump!

Link to Workout: <https://www.muscleandstrength.com/workout/ultimate-treadmill-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 20 Mins

Equipment: Bodyweight

Author: Coach Dustin Myers

Day 1

Exercise	Sets	Duration
Treadmill Sprint	10	1 Min
Pull Ups	10	30 Secs
Push Ups	10	30 Secs