

BUILD WORKOUTS *intro*

TREADLIFT
BURN + BUILD + BOOST 

WELCOME TO TREADLIFT,

the 36-Week Exercise Solution to burn fat, build muscle and boost your cardiovascular endurance!

I created #treadLIFT out of a passion for short, intense workouts that get results but also don't require tons of elaborate equipment and take all day. Plus, I am a bit of a glutton for punishment and just straight-up love hard-ass treadmill interval workouts. In fact, when I started JillFit back in 2010, we shared some of the toughest (but effective) gym workouts weekly, and it was what we were known for early on! I am excited to get back to my roots, but in a much more strategic (and time-efficient) way.

As a recovering Cardio Queen, it's important to me to have workouts that get results, but don't go overboard in terms of kicking up hunger and cravings too much. These workouts optimize the hormonal situation so that you are not elevating the stress hormone, cortisol, by itself, without the accompaniment of anabolic hormones testosterone and growth hormone (yes, even as women you want these hormones around, as they increase muscle growth and fat burning potential. And no, you won't end up looking like The Hunk. Besides, for women to grow substantial muscle, it will take a lot longer than 30 minutes, plus a whole lot of attention to nutrition that we won't be covering here).

The hormonal environment generated by short, intense training is ideal for creating a large caloric after-burn effect, without losing much muscle or impacting cravings and hunger.

You can read more on why shorter, more intense workouts get better results [here](#).

EQUIPMENT NEEDED

All #treadLIFT workouts are 30 minutes or less and require a treadmill (or access to a outdoor stretch of about 200m or half way around a track) as well as a set of moderate weight dumbbells.

For women, if you only have access to 1 set of dumbbells, I'd recommend getting something in the 10-20 lb. range. However, two sets of dumbbells are ideal—one heavier (15-30 lbs.) and one lighter (8-15 lbs.) so that if need be, you can switch between them for some of the movements. You can order dumbbells simply on Amazon.com, [like these here](#).

As for your treadmill, most in the US will go up to 15% incline (15.0) and 10.0 on speed (MPH). I created the workouts with these speeds/inclines in mind, but treadmills vary. I have also included the speeds in KPH too for those who use the metric system.

If yours is different, you will have to get creative and just do your best! Which brings me to the next point ...

DON'T FREAK OUT

The workouts contained in #treadLIFT are designed for an intermediate to advanced fitness level. That does not mean I expect you to be at that level, and if you aren't able to do them as written, it doesn't mean you are somehow bad or not fit enough or shouldn't be doing them!

I need you to practice some self-compassion ;) and realize that just because you might not be able to do them as written right this second, it doesn't mean you won't ever be able to. Please don't use this as just another excuse to feel not-good-enough!

Just stay objective and then adjust the inclines and/or speeds, no big deal. Adjust them to where you are currently and do your best. That's it. No one is judging you, and I have zero expectations for you except that you try your best, get a great workout and have fun! This is meant to be fun and effective, not dreadful or to make you hate life.

IF YOU DON'T HAVE ACCESS TO A TREADMILL OR WANT TO DO SOMETHING LOWER IMPACT:

When I was putting #treadLIFT together, I received a lot of questions from gals asking about lower impact options and if you can use the elliptical, bike or rowing machine, for example, instead. Yes! Though the workouts are not individually tailored for any other piece of equipment, if you're using something else, if there's an "incline" segment, increase the resistance. And if there's a flat sprint, increase your speed at a lower resistance.

Stay flexible and adjust as needed, do your best. There's no way to really do this wrong, so long as you are pushing intensely, listening to your body and adjusting for YOUR OWN fitness level.

SOME QUICK SAFETY STUFF (DON'T SKIP THIS SECTION!)

These workouts are intermediate/advanced, which means you will have to learn to listen to your body and adjust as needed.

Please, please, PLEASE do not get yourself nauseous or dizzy! This is not about making yourself sick or making yourself miserable. The goal is to ultimately enjoy the workouts and feel good enough to continue with the program.

Each person is different. And you know your body way better than I ever could, so stay in tune with it, even if you need to go a little easier at first until you get the swing of things. Go slow and controlled in your weight movements and rest as needed.

All workouts are to be performed in Metabolic Effect's Rest-based Training (RBT) style, which means you rest for as long as needed and as much as you need throughout the workout, even if it's between reps. At times you'll feel burning in the muscles, breathlessness, etc. and will have to take a timeout. That's perfect. Rest and let that burning dissipate or catch your breath, and then start back up wherever you left off. No rush, no hurry, no expectations.

There are no structured rest periods indicated in the weight training sections of the workouts, so you can (and should!) rest as much as you need to whenever you need to.

This technique helps you stay in touch with your exertion and how you're feeling moment to moment. In a sense, it's a practice in mindfulness. And it also helps us push harder, while also giving ourselves complete autonomy in the workout. [Read more on Rest-based Training here.](#)

HOW TO WARM UP

Because these workouts are so short, there is not much warming up noted. But that doesn't mean that you shouldn't take extra time to do so. You know your body best, so please make sure you are sufficiently warm and loose before getting into the more intense parts of the workouts.

I suggest a combination of incline walking, jogging and even some dynamic stretches or foam rolling ([I like this tutorial video on foam rolling](#)). High knees, squats, lunges in place, torso twists, skips, kicks, etc. You can see some examples of these movements in the [Track Workout Warm-up Video](#). Take some of these and modify them for in-place movement if you know you're someone who tends to be tight and needs more mobility work. Again, listen to your body, take your time and make sure your muscles are sufficiently loose before diving into the tough stuff, especially the lifting portion.

A WORD ON COOL-DOWNS

I have not included cool-downs or stretching as part of the workouts, again, because they are designed to be time-sensitive. But I do recommend some light walking and static stretching and/or foam rolling after your workout as time allows. Stretch the hamstrings, quads, low back, chest, shoulders and arms at your leisure. Be safe and take care of your body. I like Metabolic Effect's 5-min cool-down, [found here](#), as an example.

HOW OFTEN SHOULD YOU DO THESE WORKOUTS?

These workouts are intense (if I haven't said that yet!), so in order to avoid overtraining and keep the body responsive, I don't advise doing the workouts more than 4 days per week MAX, and in fact, the BURN and BOOST workouts are only programmed for 3 days per week.

That being said, listen to your body and if your motivation starts to wane, you have a hard time recovering, you are constantly sore, you are overly hungry or craving, or you are just feeling generally cranky and lethargic, then pull back.

Recovery time between workouts is key. As is nutrition. Be sure to refuel with healthy nutrition, plenty of protein, tons of veggies, fruits and smart starches. For those doing the program 4 days a week, you might even consider supplementing with L-glutamine, BCAAs and definitely a multivitamin and fish oil. Drink plenty of water and get enough rest. Sleep is magic.

These workouts are designed so that you don't have to do any other exercise while you are on this program. That means no other intense exercise, but you can and should do things on the lower-intensity scale like slow, leisure walking, restorative yoga, meditation, foam rolling, stretching, etc. These things are the yin to #treadLIFT's yang.

Again, your body will tell you what you can handle. Be smart, stay safe and have fun.

ABOUT THE BUILD WORKOUTS

You are currently in the BUILD Workouts section of the program. These workouts are designed to help you build muscle in specific areas. Fat loss spot reduction might not be possible, but adding muscle in certain places is, and these workouts break up the body into parts and focus hard on each. These are some of my favorite workouts because you get a lot of volume (reps + weight) in just 20 minutes of lifting. Again, Rest-based Training is how we do it. Rest as much and as often as needed.

Each BUILD workout begins with a 10-minute “primer” on the treadmill. This helps you warm up and also helps the body start to release some of its fat stores for use during training.

Then, you move into a 20-min “Sweet Sixteen,” which is 4 exercises, circuited 4 times total (= 16, get it?), 10 reps each exercise. This should take you around 20 minutes, give or take a minute or two. If you are finishing in less than 15 minutes, increase your weight, if you are finishing in 25 minutes or more, decrease your weight.

Each workout focuses on 1-3 larger muscle groups, many of which are synergistic. There are leg days, chest + triceps days, back + biceps + core days and shoulder-only days ‘cause let’s face it, having nicely capped shoulders screams: “I LIFT, BABY!”

These are the closest thing to old school bodybuilding workouts contained in #treadLIFT, buuuuut because they’re only 30 minutes, you get a lot of benefit without having to spend all day there, like many old school bodybuilders do (and I say that in the kindest way possible because I used to train that way ;)).

In your BUILD workouts you will need, ideally, 2 sets of dumbbells—one heavier and one lighter. You will be doing your treadmill and weight portions separately, so no need to bring dumbbells over to the treadmill.

BUILD workouts are programed for 4 times a week—just enough to hit every major muscle group once. You probably won’t get as breathless as some of the other workouts, but you will, for sure, be getting a lot of burn, plenty of pump and a great muscle heaviness at the end.

These workouts will probably leave you the sorest of all, so be sure to get plenty of rest, focus on good, healthy nutrition and be sure drink water and take your supplements if needed. And if you are not fully recovered in a muscle group when it’s time to train it again, put it off for a day or two. NBD.

Be safe, have fun and enjoy some nice, heavy lifting! :)

A FINAL DISCLAIMER

These workouts are designed for educational and sharing purposes, and you follow them at your own risk. You are an adult, capable of listening to your body and knowing what it can and can’t handle. I have done my best to prepare you for a safe and effective workout, but please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. Jill Coleman and Jill Coleman Fitness assume no risk for your voluntary participation in this program.