

Stationary Book Bike

Targets: Glutes, calves, quads and hamstrings

How to:

1. Place your book on the stationary bike or hold it in your hands.
2. Start pedaling.
3. Pedal for 30 minutes or make a goal to stop after you've read a certain amount of pages.



Trilogy Treadmill Walk

Targets: Quads, hamstrings, glutes and calves

How to:

1. Place your book on the treadmill.
2. Start walking at a manageable speed.
3. For added intensity, increase the incline level on the treadmill.
4. Walk for 30 minutes or make a goal to stop after you've read a certain amount of pages.