Inclusion Criteria

(1) Sedentary defined as participating in less than three 30-minute bouts of moderate-intensity exercise per week over the past 3-months
(2) Male or Female 18-60 years of age
(3) Fasting Blood Glucose = 100-125 mg/dl, HbA1c = 5.7-6.4%, or Oral Glucose Tolerance Test = 140-199 mg/dl
(4) BMI ≥ 25 to ≤ 35
(5) Physician Clearance

Exclusion Criteria

(1) Severe arthritis
(2) Resting Blood Pressure above 140/90
(3) Stroke history
(4) Diagnosed coronary artery disease
(5) Diagnosed Type 1 or Type 2 diabetes
(6) Taking medications that alter blood glucose
(7) Taking medications that alter heart rate
(8) Smoking (Habitual)
(9) Polycystic Ovarian Syndrome
(10) Coagulation issues (Consult with their physician)