

# INCLINE WALKING TREADMILL WORKOUT

DESIGNED FOR COMPLETE BEGINNERS



MINUTE	SPEED (MPH)	INCLINE	EFFORT
0-3	2.5	1%	Warm Up
4-5	3	4%	Ease into the climb
5-6	3.5	5%	Start to push
6-7	4	5%	Ramp it up
7-8	4	6%	Push hard
8-9	4	7%	Hang in there
9-10	4.5	8%	Tough it out
10-11	3.5	5%	Ease off
11-12	4	7%	Climb again
12-13	4.5	8%	One final push
13-14	4	6%	Nearly over
14-15	3	1%	Cool down

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CHECK WITH A DOCTOR BEFORE STARTING ANY NEW EXERCISE ROUTINE

# Walking Workout How To

**J Ma**



## **Walking Workout How To:**

*Walking the Weight Off For Dummies* Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit *Walking the Weight Off For Dummies* will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into your routine to boost your health and effectively lose weight *Walking the Weight Off For Dummies* will show you how

**Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

**The Walking Solution** Lee Scott, Michele Stanten, 2019-06-24 If you're a fitness professional eager to expand your program offerings a wellness coach who wants to help your patients become more active or a personal trainer trying to attract new clients walking can be your low cost solution Learn the techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability *The Walking Solution* will help you create innovative programs to engage individuals across the fitness spectrum Introduce a program for inactive individuals to get moving or challenge experienced clients with a new cross training activity In *The Walking Solution* you will discover the four progressions of walking technique how to increase intensity and how to incorporate strength building exercises to get the most out of every walk Clear instructions and photos show the dynamic and static stretches that help to ensure safety and improve performance Case studies describe unique and successful walking programs that you can customize for your own clients You will also learn the key business strategies that allow you to increase revenue and reach new audiences to expand your clientele You will also get access to customizable business development resources such as waivers and marketing plans Transform lives using the simple and effective strategies in *The Walking Solution* and help all your clients experience improved mental and physical well being Get your clients and your business moving today Earn continuing education credits units A continuing

education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007

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