

Your Plan to **WALK MORE**

Ease into a routine. Walk slowly the first 3 weeks, and then work your way up to a brisk pace.



WEEK	MINUTES PER DAY	NUMBER OF DAYS
Week 1	10	4
Week 2	10	4
Week 3	15	5
Week 4	20	5
Week 5	30	5
Week 6	25	6
Week 7	30	5
Week 8	35	5

Walking Workout Top Store Hours

BM King



Walking Workout Top Store Hours:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Walking Workout Top Store Hours** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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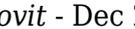
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