

# BEST **INTERVAL** TREADMILL WALKING WORKOUT

START HERE WITH 30 MINUTES TOTAL, BUT YOU CAN ALWAYS ADD MORE INTERVALS TO MAKE YOUR WORKING TIME LONGER IF YOU WANT TO

**0-5 MINUTES**

**WARM UP. WORK UP TO A BRISK PACE**

**RPE 4**

**5-7 MINUTES**

**RPE 7**

**7-10 MINUTES**

**RPE 3**

**10-12 MINUTES**

**RPE 7**

**12-15 MINUTES**

**RPE 3**

**15-17 MINUTES**

**RPE 7**

**17-20 MINUTES**

**RPE 3**

**20-22 MINUTES**

**RPE 7**

**22-25 MINUTES**

**RPE 3**

**25-30 MINUTES**

**RPE 3**

**COOL DOWN. WALK AT A LEISURELY PACE**

# Walking Workout Reddit Pro Review

**Therese Iknoian**



## **Walking Workout Reddit Pro Review:**

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**The 90-day Fitness Walking Program** Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking It s simple it works and you ve been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It s the shoes choosing the right pair and why it s so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you *Fitness Walking* Therese Iknoian, 1995 Fitness Walking will show you how to walk your way to better health and fitness No matter what your age or fitness level this colorful easy to use guide will take the guesswork out of working out and show you how to create a walking program tailored to your needs and abilities **Walking for Weight Loss** Jago Holmes, 2013-07-20 Need to lose some weight fast Want to feel better More confident With loads more energy The solution to this may be far easier than you think Because there s one simple yet highly effective technique you probably haven t tried before walking but not walking the way you know it Using Jago Holmes unique weight loss walking program is the easiest and most effective way to blast through stubborn fat stores at the fastest rate possible With a range of 5 different plans to follow you re sure to find the perfect solution for you This book is designed to help anyone lose weight fast It s an effective alternative for those who don t want to use a gym fitness class or hate the idea of going running etc Walking is a VERY powerful way to lose weight It s cheap and you can do it anywhere It s low impact and you don t need any special equipment to get started and The moment you leave your front door you re started How many different types of exercise can give you this BUT the problem is that most people don t know how to effectively use walking as a tool for losing weight To get the best from your efforts there are certain things you need to do In fact you need to approach it the way you would any other type of exercise if you want to get noticeable and dramatic results This is what this book will do for you It will provide you with a simple blueprint for success a clear direction to follow which charts out your progress no matter what level of fitness or shape of body you are now Once you put in to practice the techniques and tips you learn from this cutting edge weight loss plan you ll wonder why you didn t try this years ago [Walking: Weight Loss Motivation](#) April Stride, 2015-07-25 1 Best Seller Find the Motivation to Walk Your Way to Health No matter how much time you spend on your work and family there s no escaping the fact that you have to take care of yourself too Have you ever wished you

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