

30 day WALKING CHALLENGE



Normal walking



Moderately fast walking



Fast walking

DAY 1 5 MIN 	DAY 2 6 MIN 	DAY 3 7 MIN 	DAY 4 8 MIN 	DAY 5 9 MIN 	DAY 6 10 MIN 
DAY 7 REST	DAY 8 5 MIN  1 MIN  4 MIN 	DAY 9 4 MIN  2 MIN  4 MIN 	DAY 10 4 MIN  3 MIN  3 MIN 	DAY 11 3 MIN  4 MIN  3 MIN 	DAY 12 3 MIN  5 MIN  2 MIN 
DAY 13 2 MIN  6 MIN  2 MIN 	DAY 14 REST	DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN 	DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN 	DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN 	DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN 
DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN 	DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN 	DAY 21 REST	DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN 	DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN 	DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN 
DAY 25 1 MIN  7 MIN  1 MIN  1 MIN 	DAY 26 1 MIN  8 MIN  1 MIN 	DAY 27 1 MIN  9 MIN  1 MIN 	DAY 28 REST	DAY 29 1 MIN  10 MIN  1 MIN 	DAY 30 1 MIN  10 MIN  1 MIN 

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Walking Workout This Month Download

M Woodhall



Walking Workout This Month Download:

The book delves into Walking Workout This Month Download. Walking Workout This Month Download is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Walking Workout This Month Download, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Walking Workout This Month Download
 - Chapter 2: Essential Elements of Walking Workout This Month Download
 - Chapter 3: Walking Workout This Month Download in Everyday Life
 - Chapter 4: Walking Workout This Month Download in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Walking Workout This Month Download. The first chapter will explore what Walking Workout This Month Download is, why Walking Workout This Month Download is vital, and how to effectively learn about Walking Workout This Month Download.
 3. In chapter 2, this book will delve into the foundational concepts of Walking Workout This Month Download. The second chapter will elucidate the essential principles that need to be understood to grasp Walking Workout This Month Download in its entirety.
 4. In chapter 3, this book will examine the practical applications of Walking Workout This Month Download in daily life. The third chapter will showcase real-world examples of how Walking Workout This Month Download can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Walking Workout This Month Download in specific contexts. This chapter will explore how Walking Workout This Month Download is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Walking Workout This Month Download. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout This Month Download.

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