

# INCLINE



## WORKOUT: PYRAMID SCHEME

🕒 24 min

### INTERVALS 1-4

TIME	INCLINE	PACE
2 min	2-5%	1.5 to 3.5 mph
1 min	0%	1.5 to 3.5 mph

Repeat, **increasing** the speed by 1.0 mph and incline by 1% for each 2-minute interval for 4 total rounds

### INTERVALS 5-8

TIME	INCLINE	PACE
2 min	1% less	1 mph slower
1 min	0%	1.5 to 3.5 mph

Repeat, **decreasing** the speed by 1.0 mph and incline by 1% from last interval for each 2-minute interval for 4 total rounds

# Walking Workout Discount Returns

**Roman Wölfel**



## **Walking Workout Discount Returns:**

## **Walking Workout Discount Returns** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Walking Workout Discount Returns**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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