



# 21 day walking challenge

INSTALL NOW

DAY 1  
START WALKING  
*20 minutes*

DAY 2  
SHORT WALK  
*20 minutes*

DAY 3  
SHORT WALK  
*20 minutes*

DAY 4  
STEP IT UP  
*30 minutes*

DAY 5  
RELAXED WALK  
*20 minutes*

DAY 6  
STEP IT UP  
*30 minutes*

DAY 7  
PUSH YOURSELF  
*60 minutes*

DAY 8  
RELAXED WALK  
*20 minutes*

DAY 9  
SHORT WALK  
*20 minutes*

DAY 10  
STEP IT UP  
*30 minutes*

DAY 11  
KEEP ON GOING  
*30 minutes*

DAY 12  
RELAXED WALK  
*20 minutes*

DAY 13  
STEP IT UP  
*30 minutes*

DAY 14  
YOU'VE GOT THIS  
*60 minutes*

DAY 15  
HALF WAY THERE  
*30 minutes*

DAY 16  
RELAXED WALK  
*20 minutes*

DAY 17  
SHORT WALK  
*20 minutes*

DAY 18  
STEP IT UP  
*30 minutes*

DAY 19  
SHORT WALK  
*20 minutes*

DAY 20  
KEEP ON GOING  
*30 minutes*

DAY 21  
SHORT WALK  
*20 minutes*

Me.

# Walking Workout Compare

**Mike Jess**



## **Walking Workout Compare:**

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verrühren und die waffeln tunken ich wünsche euch guten appetit und wenn ihr wissen wollt was es mit den zutziki waffeln  
auf sich hat dann klickt mal schnell hier bis gleich eure petra

*herzhafte low carb waffeln 30 gesunde waffel rezepte* - Jun 06 2022

web einfache waffel rezepte für ihre low carb diät mit unseren rezepten gelingen ihnen diese fluffigen waffeln mit der sie  
sich selbst und auch ihre liebsten verwöhnen können die herzhaften waffeln lassen sich wunderbar in jede low carb diät  
integrieren sie sparen damit sehr viele kohlenhydrate ein aber garantiert nichts am geschmack