

INCLINE WALKING TREADMILL WORKOUT

DESIGNED FOR COMPLETE BEGINNERS



| MINUTE | SPEED (MPH) | INCLINE | EFFORT |
|--------|-------------|---------|---------------------|
| 0-3 | 2.5 | 1% | Warm Up |
| 4-5 | 3 | 4% | Ease into the climb |
| 5-6 | 3.5 | 5% | Start to push |
| 6-7 | 4 | 5% | Ramp it up |
| 7-8 | 4 | 6% | Push hard |
| 8-9 | 4 | 7% | Hang in there |
| 9-10 | 4.5 | 8% | Tough it out |
| 10-11 | 3.5 | 5% | Ease off |
| 11-12 | 4 | 7% | Climb again |
| 12-13 | 4.5 | 8% | One final push |
| 13-14 | 4 | 6% | Nearly over |
| 14-15 | 3 | 1% | Cool down |

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SJ Ball



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Prevention's Shortcuts to Big Weight Loss Chris Freytag, 2007-12-26 A personal trainer and lifestyle expert introduces a series of ten minute workouts to help readers lose weight burn fat slim and tone problem areas and promote overall fitness

Dynamic Capacity Management for Healthcare Pierce Story, 2010-12-08 While hospitals can learn from other industries they cannot be improved or run like factories With work that is more individualized than standardized and limited control over volume and arrivals even the leanest minded hospital must recognize that healthcare systems are more dynamic than nearly any work environment Written with the creativity n Brandweek, 1996-03 Code of Federal Regulations, 1983 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries **Bottom Line, Personal**, 1997 *Stores*, 1987 **YMCA Walk Reebok Instructor's Manual**, 1996 **Shape**, 1996-05 *Come Walk with Me* Wayne Biddle Harpster, 1984 *1,001 Simple Ways to Lose Weight* Gary L. Rempe, 1997 Written with the help of a panel of experts and based on the real life success stories of more than 1 000 people this practical and encouraging book gives dieters hands off solutions for any weight loss crisis they'll ever have Walk for Health Prevention Magazine, Prevention Magazine Editors, 1991 **The Walker's Journal** Robert Sweetgall, John Dignam, 1986 **Comparable Sales Book**, 2007 *Sales Management*, 1957 **Good Housekeeping**, 1992 **Health Walk** Bob Carlson, Othniel J. Seiden, 1988 The authors have written a practical conceptually sound guide to walking as an

effective and proven way to better health and wellness

Eat & be Lean Susan H. Stokes, 1992

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