

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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CHECK WITH A DOCTOR BEFORE STARTING ANY NEW EXERCISE ROUTINE

Walking Workout Today Returns

**Robert Sweetgall, James M.
Rippe, Frank I. Katch**



Walking Workout Today Returns:

Embracing the Song of Phrase: An Mental Symphony within **Walking Workout Today Returns**

In some sort of used by monitors and the ceaseless chatter of fast connection, the melodic splendor and mental symphony produced by the published term frequently fade into the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. However, located within the pages of **Walking Workout Today Returns** a marvelous literary treasure filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that fascinating masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths with this touching review, we will explore the book is key harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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