

# 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*



# Walking Workout Compare

**Lisa Powell**



## **Walking Workout Compare:**

Embark on a transformative journey with Explore the World with is captivating work, **Walking Workout Compare** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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