

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

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The Wharton's Back Book Jim Wharton, Phil Wharton, 2003-08-23 Describes a method of reducing pain and back injury that has been used by celebrities Olympic medalists and other sport figures Life Skills Curriculum: ARISE Official Homo Sapiens Operator's Guide, Book 2 ARISE Foundation, 2011-07 Teen Health Life Skills Curriculum Maintaining Your Homo Sapiens Equipment offers basic maintenance techniques to keep your Homo Sapiens vehicle running smoothly Consider this a guide for turbocharging your life Life skills topics include preventive maintenance why vegetables and fruits are actually fuel friendly foods that heal the body and provide energy hostile fast foods that junk up one's system robbing us of a high octane lifestyle how to avoid serious health problems and the importance of exercising this remarkable piece of equipment we call our body Book 2 of a 5 book teen health life skills series The series provides students the most necessary information on how their bodies work and what it takes to keep them in top shape Learner's Workbook The corresponding Learner's Workbook contains 116 pages of learner's worksheets and 8 quizzes **Life Skills Curriculum: ARISE Official Homo Sapiens Operator's Guide, Book 2: Maintaining Your Homo Sapiens Equipment (Instructor's Manual)** ARISE Foundation Staff, 2011-07 ARISE Official Homo Sapiens Operator's Guide Maintaining Your Homo Sapiens Equipment offers basic maintenance techniques to keep your Homo Sapiens vehicle running smoothly Some of the topics covered in Maintaining Your Homo Sapiens Equipment include preventive maintenance why vegetables and fruits are actually fuel friendly foods that heal the body and provide energy and hostile fast foods that junk up one's system **Brandweek**, 1996-03 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 **Bottom Line, Personal**, 1997 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 **Code of Federal Regulations**, 1983 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries Stores, 1987 **Shape**, 1996-05 Come Walk with Me Wayne Biddle Harpster, 1984 YMCA Walk Reebok Instructor's Manual, 1996 Walk for Health Prevention Magazine, Prevention Magazine Editors, 1991 The Walker's Journal Robert Sweetgall, John Dignam, 1986 **Kiplinger's Personal Finance Magazine**, 1997 **Eat & be Lean** Susan H. Stokes, 1992 **New Woman**, 1992 **Good Housekeeping**, 1992 **Boot and Shoe Recorder**, 1963

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