

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 How To

Sara Donovan, Gary Legwold



Walking Workout How To:

Adopting the Beat of Appearance: An Emotional Symphony within **Walking Workout How To**

In a global consumed by screens and the ceaseless chatter of instantaneous transmission, the melodic splendor and mental symphony created by the prepared word usually diminish into the back ground, eclipsed by the persistent sound and interruptions that permeate our lives. Nevertheless, located within the pages of **Walking Workout How To** a charming literary treasure filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that fascinating masterpiece conducts visitors on a mental trip, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths with this emotional examination, we shall investigate the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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