

30
Day

WALKING **FOR** **BEGINNERS**

challenge



TRAINING PLAN

Day 1 ○ 10 Min Easy Walk 	Day 2 ○ 10 Min Easy Walk 	Day 3 ○ 15 Min Easy Walk 	Day 4 ○ 10 Min Brisk Walk 	Day 5 ○ 15 Min Easy Walk 
Day 6 ○ 10 Min Brisk Walk 	Day 7 ○ Rest OR 15 Min Easy Walk 	Day 8 ○ 15 Min Easy Walk 	Day 9 ○ 10 Min Brisk Walk 	Day 10 ○ 15 Min Easy Walk 
Day 11 ○ 20 Min Easy Walk 	Day 12 ○ 15 Min Easy Walk 	Day 13 ○ 15 Min Brisk Walk 	Day 14 ○ Rest OR 15 Min Easy Walk 	Day 15 ○ 15 Min Easy Walk 
Day 16 ○ 20 Min Easy Walk 	Day 17 ○ 15 Min Brisk Walk 	Day 18 ○ 25 Min Easy Walk 	Day 19 ○ 20 Min Easy Walk 	Day 20 ○ 20 Min Brisk Walk 

Walking Workout Instagram Update

JE Gale



Walking Workout Instagram Update:

Walking Workout Instagram Update Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Walking Workout Instagram Update**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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