

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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Walk for Health Prevention Magazine, Prevention Magazine Editors, 1991 **The Walker's Journal** Robert Sweetgall, John Dignam, 1986 *Comparable Sales Book*, 2007 **Sales Management**, 1957 *Good Housekeeping*, 1992 Health Walk Bob Carlson, Othniel J. Seiden, 1988 The authors have written a practical conceptually sound guide to

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