

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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Rockport's Complete Book of Exercise Walking Gary Yanker, 1983 The Doctor at Home, and Nurse's Guidebook
George Black, 1891 *Horse Protection Act of 1970* United States. Congress. House. Committee on Interstate and Foreign
Commerce. Subcommittee on Public Health and Welfare, 1970 The Indian Contract Act ... India, Faiz Hassan Badrudin
Tyabji, 1919 Decisions and Orders of the National Labor Relations Board United States. National Labor Relations
Board, 1992 The American Athlete , 1893 **Etude** , 1896 Includes music The Etude , 1911 A monthly journal for the
musician the music student and all music lovers Horse Protection Act of 1970, Hearing Before the Subcommittee on
Public Health and Welfare ... 91-2, on H.R. 14151, 15261, S. 2543, September 21, 1970 United States. Congress. House.
Interstate and Foreign Commerce, 1970 *High Points in the Work of the High Schools of New York City* , 1925 *Medical*
Times , 1906 *New York Journal of Homœopathy* , 1906 **The Denver Law Journal** , 1883 The Declaration of
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