

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 Today Warranty

Chao Zhang



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New Woman ,1996 *Natural Health* ,1996 *Real Estate Today* ,1989 Michigan Living ,1995 **Life** ,1996
Backpacker ,2002-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Escape to the Mountain* Stephen Wade Smith,2007 The story of one man s rediscovery of himself and the building of interpersonal connections with friends and family while hiking in the Sierra Nevada during the summer of 1994 **Mathematics in Action** Doug Brown,1996 This is a comprehensive differentiated course suitable for students of all abilities It is written specifically for standard grade through appropriate for other UK curricula Chapters begin with looking back exercises for consolidation of the work The fully differentiated contents have graded exercises Review sections enable students to develop mathematical competence and confidence There are photocopiable resources for general and credit students **The Rotarian** ,1996-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine **Union Plus** ,1993 Vegetarian Times ,1996-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Psychology Today* ,1968-06 Popular Science ,1994-11 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *Time* ,1993 *The American Legion* ,2007 **Country Living** ,1994 **TV Guide** ,1995 **Popular Science** ,1997-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better U.S. News & World Report ,1996
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