21 day walking challenge

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
START WALKING	SHORT WALK	SHORT WALK	STEP IT UP	RELAXED WALK
20 minutes	20 minutes	20 minutes	30 minutes	20 minutes

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
STEP IT UP	PUSH YOURSELF	RELAXED WALK	SHORT WALK	STEP IT UP
30 minutes	60 minutes	20 minutes	20 minutes	30 minutes

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
KEEP ON GOING	RELAXED WALK	STEP IT UP	YOU'VE GOT THIS	HALF WAY THERE
30 minutes	20 minutes	30 minutes	60 minutes	30 minutes

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
RELAXED WALK	SHORT WALK	STEP IT UP	SHORT WALK	KEEP ON GOING
20 minutes	20 minutes	30 minutes	20 minutes	30 minutes

DAY 21
SHORT WALK
20 minutes

Me.

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Minjie Lin

Walking Workout Compare:

The Enigmatic Realm of **Walking Workout Compare**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Walking Workout Compare** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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