

# 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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restore natural ecosystems is a central focus of the research presented. The chapters explore novel applications of renewable energy, green infrastructure, regenerative agriculture, and geospatial technologies as means of cultivating more ecologically sound and livable cities. Furthermore, the interdisciplinary nature of the research, spanning disciplines such as urban planning, environmental science, and agricultural technology, underscores the multifaceted nature of the sustainability transition. Collectively, the insights and case studies offered in this book provide invaluable guidance for researchers, policymakers, and practitioners dedicated to realizing a more equitable and environmentally resilient future.

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