

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 Best

Lingsheng Yao



Walking Workout Best:

Embracing the Song of Term: An Psychological Symphony within **Walking Workout Best**

In a global used by displays and the ceaseless chatter of instantaneous conversation, the melodic beauty and psychological symphony produced by the written word usually fade in to the background, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, situated within the pages of **Walking Workout Best** a charming fictional treasure brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths of the touching evaluation, we will examine the book is main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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