

# BEST **INTERVAL** TREADMILL WALKING WORKOUT

START HERE WITH 30 MINUTES TOTAL, BUT YOU CAN ALWAYS ADD MORE INTERVALS TO MAKE YOUR WORKING TIME LONGER IF YOU WANT TO

**0-5 MINUTES**

**WARM UP. WORK UP TO A BRISK PACE**

**RPE 4**

**5-7 MINUTES**

**RPE 7**

**7-10 MINUTES**

**RPE 3**

**10-12 MINUTES**

**RPE 7**

**12-15 MINUTES**

**RPE 3**

**15-17 MINUTES**

**RPE 7**

**17-20 MINUTES**

**RPE 3**

**20-22 MINUTES**

**RPE 7**

**22-25 MINUTES**

**RPE 3**

**25-30 MINUTES**

**RPE 3**

**COOL DOWN. WALK AT A LEISURELY PACE**

# Walking Workout Reddit Pro Review

**Léo Pomar**



## **Walking Workout Reddit Pro Review:**

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **Walking Workout Reddit Pro Review** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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