

21 day walking challenge



INSTALL NOW

DAY 1
START WALKING
20 minutes

DAY 2
SHORT WALK
20 minutes

DAY 3
SHORT WALK
20 minutes

DAY 4
STEP IT UP
30 minutes

DAY 5
RELAXED WALK
20 minutes

DAY 6
STEP IT UP
30 minutes

DAY 7
PUSH YOURSELF
60 minutes

DAY 8
RELAXED WALK
20 minutes

DAY 9
SHORT WALK
20 minutes

DAY 10
STEP IT UP
30 minutes

DAY 11
KEEP ON GOING
30 minutes

DAY 12
RELAXED WALK
20 minutes

DAY 13
STEP IT UP
30 minutes

DAY 14
YOU'VE GOT THIS
60 minutes

DAY 15
HALF WAY THERE
30 minutes

DAY 16
RELAXED WALK
20 minutes

DAY 17
SHORT WALK
20 minutes

DAY 18
STEP IT UP
30 minutes

DAY 19
SHORT WALK
20 minutes

DAY 20
KEEP ON GOING
30 minutes

DAY 21
SHORT WALK
20 minutes



Walking Workout This Month

Jiyuan Zhang



Walking Workout This Month:

Eventually, you will entirely discover a extra experience and achievement by spending more cash. nevertheless when? accomplish you acknowledge that you require to get those every needs with having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more around the globe, experience, some places, bearing in mind history, amusement, and a lot more?

It is your categorically own mature to perform reviewing habit. accompanied by guides you could enjoy now is **Walking Workout This Month** below.

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