



# 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*

Me.

# Walking Workout Compare

**S Ashworth**



## **Walking Workout Compare:**

Uncover the mysteries within its enigmatic creation, Discover the Intrigue in **Walking Workout Compare** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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