

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

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RJ Shavelson

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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Woodcarving Illustrated Issue 82 Spring 2018

Editors of Woodcarving Illustrated,2021-02-28 The Spring 2018 issue of the world s best how to magazine for woodcarvers is packed with patterns techniques tips and projects for all skill levels Bob Hershey shares his step by step instructions for creating realistic fur texture on a caricature bunny while Dylan Goodson shows you how to carve an amazingly lifelike rendition of the human hand Russell Scott s charming Holding Tightly project makes an easy carve gift for your Valentine sweetheart Kathleen Ryan describes the fascinating 700 year history of hand carved cookie molds setting the stage for Keoma McCaffrey s delicious cookie mold carving project With its simple body shape and feather structure Randy Conner s Carolina wren makes a perfect first power carving subject And if you are just starting out in woodcarving don t miss Bob Duncan s snap guide to all the tools you need to get started

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