

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

Mark Fenton

Walking Workout Best:

Embracing the Tune of Term: An Emotional Symphony within **Walking Workout Best**

In a world used by monitors and the ceaseless chatter of instant communication, the melodic beauty and emotional symphony produced by the written term often diminish into the background, eclipsed by the constant noise and disruptions that permeate our lives. However, located within the pages of **Walking Workout Best** a stunning fictional treasure filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts viewers on an emotional journey, well unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we will discover the book's key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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