

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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**June Irene Decker, Georgia
Orcutt, Patricia Sammann**



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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **Mall Walking Madness** Sara Donovan, Gary Legwold, 2002 For anyone who wants to get fit and lose weight heres a complete how to manual from Sara Donovan founder of the nations largest mall walking group At once practical and inspirational Donovan shares tips from the trenches success stories from the sneaker set and a complete understanding of the obstacles we create for ourselves when trying to adopt a healthier lifestyle Mall walking she explains is perfect for the exercise avoidant because it offers diversions like camaraderie and window shopping and takes away easy excuses like bad weather Estimating Bicycling and Walking for Planning and Project Development: a Guidebook J. Richard Kuzmyak, Jerry Walters (Writer on transportation), Mark A. Bradley, Kara Kockelman, 2014 Chapter 1 Introduction chapter 2 Fast facts about walking and bicycling chapter 3 Factors affecting walking and biking chapter 4 Best practice methods for estimating bicycle and pedestrian demand chapter 5 Application of methods References appendix A Seattle tour generation and mode choice models appendix B Enhanced four step process appendix C Portland pedestrian model enhancement appendix D Baltimore PedContext model appendix E Baltimore MoPeD model appendix F Portland bicycle route choice model appendix G Direct demand models **Health Walk** Bob Carlson, Othniel J. Seiden, 1988 The authors have written a practical conceptually sound guide to walking as an effective and proven way to better health and wellness **How Shall I Take Exercise and Set-up?** Samuel Delano, 1918 **The Quitting Game** Patricia West Barker, 1981 Publishers Weekly , 1979 **Walk with Ease** Arthritis Foundation, 2002 A basic easy guide to creating your own walking fitness plan including how to get started and stay motivated **YMCA Walk Reebok Instructor's Manual** , 1996 *Health* , 2007 The Complete Book of Walking Raymond Dreyfack, 1979 Rockport's Complete Book of Exercise Walking Gary Yanker, 1983 *Library of Inspiration and Achievement: Making home life attractive* Edward Everett Hale, 1900 **The Z80 Microprocessor** Ramesh S. Gaonkar, 1988 *Y's Way to Fitness Walking* June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989 **Walking for Fitness** Lon H. Seiger, James L. Hesson, 1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2007 **Walk, Jog, Run, for Wellness** Patricia A. Floyd, Janet E. Parke, 1990 Adweek's Marketing Week , 1992 Walking Medicine Gary Yanker, Kathy Burton, 1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems

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