

# 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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**Grey House Publishing**

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**The Complete Book of Personal Training** Douglas Brooks,2004 This books is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover **Kiplinger's Personal Finance** ,1991-05 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Walk Off Weight** Michele Stanten,2011-03-01 An eight week walking based exercise program features targeted exercises and specialized routines designed to maximize weight loss and enable other health benefits in a guide that includes a meal plan and tips for avoiding injury Original 40 000 first printing

**America's Top-Rated Cities 2007** David Garoogian,2007-04 America s Top Rated Cities is a four volume set each book covering a specific region of the United States Southern Western Central and Eastern Each volume includes statistical information and other data in one easy to use source on cities which have been cited in various magazine surveys as being the best places for business and living Book jacket **Consumers Digest** ,2001 *Bottom Line's Smart Consumer How to Get the Best Deals Anytime, Anywhere* Boardroom Books,2002 **The Girl's Own Paper** ,1899 Some volumes also include extra numbers **The Progressive Grocer** Carl William Dipman,1963 Vols for 1979 include annual report of the grocery industry **The Girl's Own Annual** ,1899 *Consumers Index to Product Evaluations and Information Sources* ,2004

**Harper's Bazaar** ,1871 **Wallace's Monthly** John H. Wallace,1884 **Keys to Terrific Customer Service** (paperback) Laurence Hatch,2008-09-14 Keys to Terrific Customer Service is not just a motivational book like hundreds of other customer service books on the market It is a serious textbook that analyzes all aspects of customer satisfaction trends in modern high tech service delivery and new concepts of measuring customer wants and needs KTTCS is an ideal inspirational resource for any small business owner customer service manager quality assurance specialist service process planner customer relations supervisor or business consultant Over 165 topics are covered in remarkable detail with clear examples and action plans **Tas-hil Ul-kalām** William Rice Morland Holroyd,1873 **Critic and Good Literature** Jeannette Leonard Gilder,Joseph Benson Gilder,1881 **Our Paper** ,1892 **Americas Top-Rated Cities, Volume 3: Central Region** Grey House Publishing,2006 Statistical information and other data on 25 cities which have been cited in various magazine surveys as being the best places for business and living Business Environment includes statistics on cities

population income transportation taxes hotels and motels and much more Living Environment includes statistics on cost of living housing utilities health care education culture climate and much more     *Career Information Center: Marketing and distribution* ,1990     **Railway Conductors' Monthly** ,1951     **The Atlantic** ,1992

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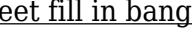
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