

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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Erin Palinski-Wade



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Walking the Weight Off For Dummies Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how [Federal Trade Commission Decisions](#) United States. Federal Trade Commission, 1999 [Skiing](#) ,1994-01 [Runner's World](#) ,1999 *Shape* ,1994 **Runner's World** ,2008-03 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *The Railway Age Monthly and Railway Service Magazine* ,1881 *The Farmer's Magazine and Kentucky Live-stock Monthly* ... John Duncan, 1880 *Esquire* ,1991-07 [Popular Science Monthly](#) ,1919 **McCall's** ,1991 [Pacific Coast Fanciers' Monthly](#) ,1900 **Elle** ,1994 *Equus* ,2006-07 [Popular Aviation](#) ,1994 [Harper's Weekly](#) John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Ford, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1872 *The New York Times Magazine* ,1993-12 *Health* ,1991 **U.S. News & World Report** ,1995 *The American Legion Magazine* ,1995

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