

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 Update Free Shipping

Joanna Hall, Lucy Atkins



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Development ,1905 **Keyboard** ,1993 **Inside Triathlon** ,1998 **Bottom Line, Personal** ,1998 **Factory Management and Maintenance** ,1958 **factory management and maintenance october 1958** ,1958 **Recreation** ,1912 *Industrial Engineering* George Worthington,1958-07 *Walking For Fitness* Nina Barough,2017-01-16 Keep fit

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