

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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Terry C. Jones



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Fitness Walking For Dummies Liz Neporent, 2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program

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

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