

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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Daily Graphic Ransford Tetteh,2010-04-24 *Men's Health* ,2007-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle Sugar Intake Ian James Martins,2021-09-01 Rates of diabetes are increasing worldwide with cases spreading to various regions of both developing and developed countries increasing the risk of various organ diseases Nutritional interventions such as low calorie low sugar diets have now become critical for combatting the disease Written by experts from around the globe this book examines the risks and benefits of sugar intake and the critical role of functional foods in treating diabetes The chapters provide information to control sugar intake and to prevent the induction of organ disease in diabetic individuals *Runner's World* ,2008-08 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Rick Steves Germany* Rick Steves,2022-12-20 Now more than ever you can count on Rick Steves to tell you what you really need to know when traveling through Germany From fairy tale castles and alpine forests to quaint villages and modern cities experience it all with Rick Steves Inside Rick Steves Germany you'll find Fully updated comprehensive coverage for planning a multi week trip through Germany Rick's strategic advice on how to get the most out of your time and money with rankings of his must see favorites Top sights and hidden gems from the towering Zugspitze and jagged Alps to rustic villages and delicious strudel How to connect with local culture Stroll through a Christkindlmarkt around Christmas chat with fans about the latest fussball match or kick back in a biergarten Beat the crowds skip the lines and avoid tourist traps with Rick's candid humorous insight The best places to eat sleep and relax with a Berliner Weisse in hand Self guided walking tours of lively neighborhoods and incredible museums Vital trip planning tools like how to link destinations build your itinerary and get from place to place Detailed maps including a fold out map for exploring on the go Over 1 000 bible thin pages include everything worth seeing without weighing you down Coverage of Munich Bavaria Tirol Salzburg Berchtesgaden Baden Baden the Black Forest Rothenburg Wurzburg Frankfurt Rhine Valley Mosel Valley Trier Cologne Nurnburg Lutherland Leipzig Dresden Berlin Hamburg and more Make the most of every day and every dollar with Rick Steves Germany Planning a one to two week trip Check out Rick Steves Best of Germany **Morocco** ,2009

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