

BEST INTERVAL TREADMILL WALKING WORKOUT

START HERE WITH 30 MINUTES TOTAL. BUT YOU CAN ALWAYS ADD MORE INTERVALS TO MAKE YOUR WORKING TIME LONGER IF YOU WANT TO

0-5 MINUTES

WARM UP. WORK UP TO A BRISK PACE

RPE 4

5-7 MINUTES

RPE 7

7-10 MINUTES

RPE 3

10-12 MINUTES

RPE 7

12-15 MINUTES

RPE 3

15-17 MINUTES

RPE 7

17-20 MINUTES

RPE 3

20-22 MINUTES

RPE 7

22-25 MINUTES

RPE 3

25-30 MINUTES

RPE 3

COOL DOWN. WALK AT A LEISURELY PACE

Walking Workout Deal

Emilie Sanchez

Walking Workout Deal:

Unveiling the Magic of Words: A Overview of "**Walking Workout Deal**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Walking Workout Deal**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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