

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 Review Best Price

Albert Shaw

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Two for the Price of One - Effects and Underlying Mechanisms of Combined Motor-Cognitive Interventions on the Body and the Brain Notger G. Müller,Liye Zou,Eling D. de Bruin,Louis Bherer,2023-02-02 **The Review of Reviews** William Thomas Stead,1894 The Review of Reviews Albert Shaw,1896 "The" London and Westminster Review ,1836

The Review of Reviews ,1896 **Saturday Review** ,1884 **The Review of Futures Markets** ,1993 **The Saturday Review of Politics, Literature, Science and Art** ,1873 **School Education** ,1886 *The Athenaeum* ,1876

Athenaeum James Silk Buckingham,John Sterling,Frederick Denison Maurice,Henry Stebbing,Charles Wentworth Dilke,Thomas Kibble Hervey,William Hepworth Dixon,Norman Maccoll,Vernon Horace Rendall,John Middleton Murry,1876

American Monthly Review of Reviews Albert Shaw,1895 **The American Monthly Review of Reviews** Albert Shaw,1899 **The American School Board Journal** William George Bruce,William Conrad Bruce,1894 *1999 Year Book of Vascular Surgery* John M. Porter,1999-04 A selection of journal articles for 1998 to 1999 from a survey of over 950 journals worldwide Each article is followed by a clinically relevant commentary Accompanying the abstracts the editors provide a commentary noting practical and clinical applications of the summarized material *The American Monthly Review of Reviews* ,1899 **Digest** ,1891 **American Physical Education Review** ,1923 Includes abstracts of magazine articles and Book reviews The School Review ,1929 **Physical Education** James Naismith,Luther Halsey Gulick,1892

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