

# 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 Deal Setup

**Gold's Gym**

The Gold's Gym logo, which consists of a red, stylized, circular shape with a white outline, resembling a stylized 'G' or a drop.

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The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

**Tamilee Webb's Defy Gravity Workout** Tamilee Webb, 2005 *Estimating Bicycling and Walking for Planning and Project Development: a Guidebook* J. Richard Kuzmyak, Jerry Walters (Writer on transportation), Mark A. Bradley, Kara Kockelman, 2014 Chapter 1 Introduction chapter 2 Fast facts about walking and bicycling chapter 3 Factors affecting walking and biking chapter 4 Best practice methods for estimating bicycle and pedestrian demand chapter 5 Application of methods References appendix A Seattle tour generation and mode choice models appendix B Enhanced four step process appendix C Portland pedestrian model enhancement appendix D Baltimore PedContext model appendix E Baltimore MoPeD model appendix F Portland bicycle route choice model appendix G Direct demand models *Popular Science*, 1923-04 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better Y's Way to Fitness Walking June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989 *Health Walk* Bob Carlson, Othniel J. Seiden, 1988 The authors have written a practical conceptually sound guide to walking as an effective and proven way to better health and wellness The Complete Guide to Nordic Walking: 2nd Edition Gill Stewart, 2025-05-06 A revised and updated second edition of the popular Complete Guide to Nordic Walking Nordic walking a specific technique for walking with poles that is far more effective in burning calories and whole body toning than walking alone is growing rapidly in the UK and worldwide Here at last is a clear simple guide to help you understand everything you need to know about Nordic walking whether you are a beginner a more experienced Nordic walking enthusiast or a health and fitness professional The Complete Guide to Nordic Walking expels all the myths and simply provides advice and information on how to Nordic walk who with where and most importantly why Organised into clear sections to help you to find exactly what you are looking for quickly the guide is packed with tips case studies research exercise plans and equipment advice It is the complete manual for Nordic walkers of all levels The book is endorsed by Nordic Walking UK and has contributions from worldwide experts including Martin Christie Tom Rutlin Jose Manual Fernandez Molina and Fabio Moretti This revised second edition includes information about the latest equipment and techniques new photographs and case studies updates on the worldwide scene of Nordic walking the latest research into the benefits and updated information about the professional use of Nordic walking *Modern Achievement*, 1902 **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine

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