

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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Live Life Right Here Right Now Carole Lewis,2012-07-02 Many people spend a majority of their time living either in the past or in the future Those who live in the past are often filled with regret replaying again and again decisions that might have led to a better today Those who live in the future often forget that it's the decisions they make today that will shape tomorrow In this inspirational title Carole Lewis challenges readers to treasure today and make it the very best day of their lives Live Life Right Here Right Now shows readers how to become the person they've always wanted to be by living into the joys and trials that today brings along Carole's message is simple We cannot change the past but making today count will have a profound effect on our future

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"They that Walk in Darkness" Israel Zangwill, 1899 **Walk for Life** Deena Balboa, David Balboa, 1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a program that grows more enjoyable and desirable every day Illustrated **Runner's World**, 1983 **The Spa Guide** Judy Colbert, Ed Colbert, 1988 "They what walk in darkness" Israel Zangwill, 1899 **Report** New York (N.Y.). Department of Correction, 1954

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