

# 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 Best Returns

**Rick Deutsch**

## **Walking Workout Best Returns:**

Walking the Weight Off For Dummies Erin Palinski-Wade,2015-04-27 Get up get moving and walk away the pounds If you re looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

## **One Best Hike: Yosemite's Half Dome**

Rick Deutsch,2012-04-10 Successfully hike Yosemite s most famous landmark with the guide that helps you prepare and provides the details you need to know Getting to the top of Yosemite National Park s Half Dome in California is one of America s epic day hikes Starting in Yosemite Valley you ll ascend nearly one vertical mile past two impressive waterfalls through fragrant pine fir and cedar forests then 425 feet up sheer granite on the famed steel cables to the summit where you ll enjoy some of the grandest views of your life If you do it right you ll be back down in the valley celebrating your accomplishment later that evening While tremendously rewarding this hike is also one of the park s most strenuous Here s everything you need to know to successfully make the 15 plus mile trek This step by step guidebook by Rick Deutsch tells you exactly how to hit the trail with confidence Inside you ll find Detailed specific advice on the proper physical conditioning Trail tested list of what to wear and bring on the hike Historical vignettes and 18 key points of interest along the trail with GPS markers More than 100 photos so you know what to expect One Best Hike Yosemite s Half Dome with its can do approach nuts and bolts advice and practical tips will leave you wondering why you ve waited so long to embark on this truly special hiking adventure

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