

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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Karin Nielsen-Saines

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Malkiel,2007-12-17 Updated with a new chapter that draws on behavioral finance the field that studies the psychology of investment decisions the bestselling guide to investing evaluates the full range of financial opportunities **Wealth**

Workout Herb D. Vest,Lynn Niedermeier,1996 Wealth Watchers will do for an individual s financial life what a powerful diet does for one s physical life change his or her lifestyle This guide provides an easy to follow 12 week common sense program which prepares individuals for a lifetime of financial fitness Media tour [A Random Walk Down Wall Street](#) Burton G.

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