

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

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**Great Britain. Reformatory and
Industrial Schools Department**



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Parliamentary Papers Great Britain. Parliament. House of Commons,1907 Sessional Papers Great Britain. Parliament. House of Commons,1903 **Report of the Inspector** Great Britain. Reformatory and Industrial Schools Department,1907 **The Wonderful World of Walking** Bill Gale,1988 Training for Race Walking Frank McGuire,1962
The Illinois Medical Journal ,1917 **Illinois Medical Journal** ,1917 *Good Health ...* ,1871 The Seventh Regiment Gazette ,1917 Seventh Regiment Gazette ,1917 **Rifles and Ammunition and Rifle Shooting** Harcourt Ommundsen,Ernest Herbert Robinson,1915 **An Invitation to Fitness and Wellness** Dianne R. Hales,Charlene Zartman,2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility The Field Illustrated A. H. Godfrey,Alexander Henry Waddell,1927 The Therapeutic Gazette William Brodie,Francis Edward Stewart,John J. Mulheron,Albert Brown Lyons,1916 *The Practitioner's Encyclopaedia of Medical Treatment* Sir Walter Langdon-Brown,James Keogh Murphy,1915 **An Index of Treatment by Various Authors** Sir Robert Hutchinson,James Sherren,1926 **Walking Medicine** Gary Yanker,Kathy Burton,1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems
Improve Your Paragraphs Steve M. Matthews,1994 **Lutheran Woman Today** ,1989 Choose to Be Healthy Wayne Dyer,Susan S. Jones,1987 Argues that one should balance the physical mental and emotional aspects of one s life stresses the importance of good eating and exercise habits and tells how to develop a more positive attitude

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