

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 Review Returns

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Review of Neurology and Psychiatry Alexander Bruce,Alexander Ninian Bruce,1904 *Reviews in Pulmonary Medicine* 2022 Bruno Guedes Baldi,Shuibang Wang,2023-12-20 [Walking for Fitness](#) Lon H. Seiger,James L. Hesson,1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness [Annual Report](#) ,1898 Contains courses of study rules and regulations and directory of teachers **The 3-Season Diet** John Douillard,2007-12-18 Fitness and diet expert John Douillard helps you restore balance to your daily life with The 3 Season Diet Derived from a 5 000 year old traditional medical system the 3 season diet does what no other diet will work along with the body s natural response to the changing seasons to feed the body what it craves and can best utilize at all times In winter for instance we crave soups nuts warm grains and other high fat and protein foods such as fish and meat In spring we want salads berries and leafy greens a naturally low fat diet And in summer when long days and outdoor activities require high energy we desire fruits vegetables starches and other high carbohydrate foods By following The 3 Season Diet s simple instructions for eating foods appropriate to each season adjusting your diet to your body type eating at the optimal time of the day and exercising without triggering a survival response The 3 Season Diet will become an easily sustainable way of life that lets you look and feel better than you ve ever imagined **Financial Report of the Board of Education of the City School District of Columbus, Ohio for the Fiscal Year...** Columbus (Ohio). Board of Education,1897 **Walking for Health** Lon H. Seiger,James L. Hesson,1990 [Digest; Review of Reviews Incorporating Literary Digest](#) ,1900 [The Review of Reviews](#) William Thomas Stead,1929 **Sessional Papers** Great Britain. Parliament. House of Commons,1908 **Delsartean physical culture** Mrs. C. W. Le Favre,1891 **Annual Report of the Board of Education of the Columbus Public Schools for the School Year Ending Aug. 31 ...** Columbus (Ohio). Board of Education,1899 [The Field Artillery Journal](#) ,1912 **Annual Report of the Board of Education of the Columbus Public Schools** Columbus (Ohio). Board of Education,1900 Contains courses of study rules and regulations and directory of teachers [The American Review of Reviews](#) Albert Shaw,1912 [International Record of Medicine and General Practice Clinics](#) Frank Pierce Foster,1901 **The Psychoanalytic Review** ,1921 **Cerebral Palsy: Discussion and reviews** ,1995 **Medical Review of Reviews** ,1925 **The Municipal Review of Canada** ,1917

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