

S BOWFLEX

Follow the plan below and share your progress - #JustWalk

START WALKING SHORT WALK 20 minutes SHORT WALK 20 minutes STEP IT UP 30 menutes PAY 5
RELAXED WALK
20 minutes

STEP IT UP

PUSH YOURSELF RELAXED WALK 20 minutes SHORT WALK 20 minutes STEP IT UP

KEEP ON GOING 30 minutes RELAXED WALK 20 minutes STEP IT UP 30 minutes YOU'VE GOT THIS DAY 15
HALF WAY
THERE
30 warnetee

Now it's time to make it more interesting. Challenge yourself to increase your distance each day. You could also walk with a friend for extra enjoyment and motivation.

RELAXED WALK 20 minutes

SHORT WALK 20 minutes STEP IT UP

**DAY 23** 

SHORT WALK 20 minutes DAY 20
KEEP ON
GOING
30 winnites

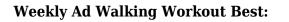
SHORT WALK 20 minutes STEP IT UP

SHORT WALK 20 minutes SHORT WALK 20 minutes PUSH YOURSELF

SHORT WALK 20 minutes KEEP ON GOING 30 minutes YOU'VE GOT THIS ALMOST THERE YOU DID

# **Weekly Ad Walking Workout Best**

**Hussin A.Rothana** 



Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Weekly Ad Walking Workout Best**. This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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