

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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Walking Workout Guide Setup

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Walking Workout Guide Setup:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Walking Workout Guide Setup**

In some sort of inundated with displays and the cacophony of instant interaction, the profound energy and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the lyrical pages of **Walking Workout Guide Setup**, a interesting work of literary elegance that impulses with raw emotions, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus instructions readers on a mental odyssey, lightly exposing the latent potential and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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