

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON Walk 5 minutes	TUES Rest	WED Walk 10 minutes	THUR Rest	FRI Walk 15 minutes	SAT Rest	SUN Walk 5 minutes
WEEK 2	MON Walk 10 minutes	TUES Rest	WED Walk 20 minutes	THUR Recovery	FRI Walk 15 minutes	SAT Rest	SUN Walk 10 minutes
WEEK 3	MON Walk 25 minutes	TUES Rest	WED Walk 10 minutes	THUR Recovery	FRI Walk 25 minutes	SAT Rest	SUN Walk 10 minutes
WEEK 4	MON Rest	TUES Walk 15 minutes	WED Recovery	THUR Walk 15 minutes	FRI Rest	SAT Walk 30 minutes	SUN Rest

WARM-UP AND RECOVERY EXERCISES:



Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

Walking Workout This Month Sign In

Hongru Du

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name Hongru Du.

Walking Workout This Month Sign In:

Walking Workout This Month Sign In Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Walking Workout This Month Sign In**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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