

Advanced Treadmill Workout

Duration: 50 minutes



Warm-up, 1% incline

- 5 min easy jog (4.0-5.0 mph)
- 2 min pick-up (+1.0 mph)

Interval 1, 7% incline

- 2 min base pace (5.0-6.0 mph)
- 2 min recovery* (4.0-5.0 mph)
- 2 min pick-up* (6.0-7.0 mph)

Interval 2, 5% incline

- 2 min threshold (6.0-7.0 mph)
- 2 min recovery* (4.0-5.0 mph)
- 2 min pick-up* (6.0-7.0 mph)

Interval 3, 3% incline

- 2 min threshold (6.0-7.0 mph)
- 2 min recovery* (4.0-5.0 mph)
- 2 min pick-up* (6.0-7.0 mph)

Interval 4, 1% incline

- 2 min sprint (6.5-8.0 mph)
- 4 min recovery (4.0-5.0 mph)
- 3 min pick-up (5.0-7.0 mph)

Interval 5, 1% incline

- 3 min sprint (5.5-7.5 mph)
- 3 min recovery (4.0-5.0 mph)

Final sprint, 1% incline

- 8 min progression (6.0-7.0 mph)
+0.5 mph each min
- 2 min walk (3.5 mph)

*recovery and pick-up at 1% incline

Walking Workout Icloud Latest

J Ma



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Apple One For Dummies Dwight Spivey, 2021-04-30 A bundle of Apple services all in one place All your favorite Apple services are available in one convenient bundle and Apple One For Dummies helps you get the full value out of your subscription What's in this Apple barrel Everything you need to stream music and TV keep up with the news play games store files online and even stay in shape This book gives you a bundle of insight on how to choose the subscription level that's right for you access and link all the services across your Apple and non Apple devices and use all the fun features of each service This book takes you inside Apple Music Apple TV Apple News Apple Arcade iCloud and Apple Fitness showing you how to make the most of each one Apple One For Dummies also shows you how to make changes at any time so you get all the juice out of your subscription Get access to 50 million songs on Apple Plus Discover how the all new Apple Fitness can transform your workout routine Use iCloud to store your photos and videos Understand Apple One's subscription options and get the biggest bang for your buck For Dummies welcomes you to the Apple One stop shop that will make your digital life that much simpler

Take Control of Siri, 3rd Edition Scholle McFarland, 2025-04-22 Make the most of Apple's digital assistant Version 3.0 updated April 22 2025 When it comes to using your Apple devices Siri is the hands free time saving and fun technology that ties everything together Whether you want to ask a question make a call find your iPhone or set a timer not only can Siri do it but it usually offers the fastest way This book explores how to get the most out of Siri on your iPhone iPad Mac Apple Watch Apple TV and HomePod n Siri Apple's voice controlled digital assistant has been around since 2010 when it debuted on the iPhone But since then it has become vastly more powerful and useful and has spread across Apple's entire ecosystem it now runs on iPhone iPad Mac Apple Watch Apple TV and HomePod Siri can listen and speak in a wide range of languages and accents perform a long list of helpful day to day tasks and keep you entertained in the process And starting with iOS 18.2 iPadOS 18.2 and macOS 15.2 Siri gains both Apple Intelligence features and a connection to ChatGPT Although Siri is easy to use it's so multitalented that you might easily overlook some of its best features In this book former Macworld editor Scholle McFarland takes you deep into Siri's capabilities You'll learn tons of tips and tricks about making the most of Siri Discover how Siri can increase your efficiency and productivity lend a hand when you're in the car or out for a jog and even make it simpler to play music or find movies and TV shows to watch Among many other things this book teaches you What hardware and software you need to use Siri The relationship between Siri and Apple Intelligence on supported devices How to change Siri's language voice and speed Ways to personalize Siri by telling it about yourself your contacts and more The numerous ways to activate Siri by touch or by voice How to use Siri with AirPods wired earbuds or third party headphones The optional role of ChatGPT in answering Siri requests When and to what extent you can use Siri without an internet connection What to do if the wrong device answers your Siri or Hey Siri request How to ask Siri about sports math and conversions time food health movies people stocks the weather jokes real world sounds random facts and more Tips for

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iPad All-in-One For Dummies

Nancy C. Muir, 2012-12-03 It's all iPad all the time at home at work and on the go updated for iOS 6 The iPad was an overnight sensation and now it's simply indispensable Whether you use it for work play or everyday life the new iPad is packed with even more features and power than ever In this fun and practical guide veteran For Dummies author Nancy C Muir walks you through the latest features and functions including what the new iOS6 software brings to the table Go beyond the basics get serious about using your iPad for all it's worth and don't miss the ways to have fun with it as well This book covers it all and in full color Covers the third generation iPad iPad 2 and original iPad and is fully updated for iOS 6 Packs six minibooks in one full color guide iPad Basics Just for Fun iPad on the Go Getting Productive with iWork Using iPad to Get Organized and Must Have iPad Apps Explores the latest iPad and iOS 6 features including Siri Passbook FaceTime video calls over cellular a brand new Maps app Facebook integration and more Walks you through enhanced functions such as improved e mail with a VIP inbox and new iCloud browsing tabs Shows you how to use iWork and other productivity apps to dress up your documents create stellar spreadsheets add pizzazz to your presentations and maintain your schedule on the run Covers the best of the best business travel educational news weather and financial apps Your world is just a touch away with iPad and iPad All in One For Dummies 5th Edition

The Complete Guide to iPhone 12 Mini

Ian Osborne, 2020-11-01

Combining style power and some great new features the iPhone 12 mini takes Apple's smartphone to a whole new level Its operating system iOS 14 also brings exciting new features and enhancements Together they make for a world beating mobile experience Over the 180 pages in this guidebook we get to the heart of the awesome iPhone 12 mini and the iOS 14 operating system bringing you guides tips and tutorials that help you get the most from your new Apple smartphone

iOS 26 User Guide SMART FLOW GUIDES, 2025-09-30 Unlock the Full Power of iOS 26 Made Simple for Beginners and Seniors Your iPhone just got smarter faster and more capable than ever but with so many new features packed into iOS 26 it's easy to feel overwhelmed From hidden settings that boost performance to the brand new Apple Intelligence tools that help you write organize and communicate with ease this update is more than a software refresh it's a whole new iPhone experience iOS 26 User Guide A Clear Step by Step Manual to Master Your iPhone's New Features Tips and Tricks is your trusted companion to make the most of it Written in plain approachable language this guide walks you through every essential function with simple explanations and step by step instructions designed especially for beginners and seniors Whether you're

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and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you **Fitness Walking** Therese Iknoian,1995 Fitness Walking will show you how to walk your way to better health and fitness No matter what your age or fitness level this colorful easy to use guide will take the guesswork out of working out and show you how to create a walking program tailored to your needs and abilities Walk to Win Fred A. Stutman,2003-01-22 Dr Walk s new bestseller Learn how to walk for health and fitness with this new guide to shopping mall walking Walking is the key to feeling better without strenuous exercise **Walking For Fitness** Nina Barough,2016-12-06 Discover the benefits of power walking and take simple steps to boost your energy levels with Walking for Fitness Whether you want to include walking in your workout regimen or simply want to be more active and reach the recommended 10 000 steps a day this collection of strategies can help you maximize the benefits of fitness walking Seven 12 week long walking programs target a range of goals from weight loss to completing a marathon Step by step photographs demonstrate correct techniques and stretching and strengthening exercises are explained to complement your walking program and help you improve your overall well being Now revised and updated Walking for Fitness provides you with everything you need to achieve good health increased vitality and weight loss No matter your age or fitness level make every step count with Walking for Fitness Walk Your Butt Off! (Enhanced Edition) Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The enhanced edition of Prevention s practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone *Walk Off the Weight* Lucy Wyndham-Read,2016-04-25 Lose weight tone up and look younger in just three weeks Walk yourself to the fittest and healthiest version of yourself Walk Off the Weight is a full 21 day plan and has all the advice and guidance you need Simply follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever before Lucy Wyndham Read has used this plan with her clients for many years and she has seen amazing results The before and after photos of her clients will show you what you can achieve by following Lucy s walking workout routine Walking is an amazing exercise that anyone can do and the results are incredible weight loss increased fitness and

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