

HOT GIRL WALKING PAD WORKOUT PLAN

(20-30 MINUTES TOTAL)

WARM-UP (3-5 MIN)

SPEED: 2.5-3.0 MPH (EASY PACE)

MAIN WORKOUT (15-20 MIN)

1. BRISK WALK (5-10 MIN)
 - SPEED: 3.0-3.5 MPH (MODERATE PACE)
2. INCLINE WALK (5-7 MIN)
 - SPEED: 3.0 MPH, 3-5% INCLINE (OR INCREASE SPEED)
3. POWER WALK/INTERVALS (5-7 MIN)
 - SPEED: 3.5-4.0 MPH
 - ALTERNATE: 1 MIN FAST, 1 MIN SLOW

COOL DOWN (3-5 MIN)

SPEED: 2.0-2.5 MPH (SLOW PACE)



Why Home Workout Usa 16311

Canada



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Congressional Record United States. Congress,1985 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 **Family Assistance Act of 1970. Hearings, Ninety-first Congress, Second Session, on H.R. 16311 ..** United States. Congress. Senate. Committee on Finance,1970 Amendments to the Social Security Act, 1969-1972 United States,1984 **The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces** ,1897 Educational Times ,1880 *Religious Remembrancer* ,1917 *Amendments to the Social Security Act, 1969-1972: Social Security Amendments of 1970 (not enacted)* ,1984 **Prentice-Hall Federal Taxes** ,1988 **The Walther League Messenger** ,1928 **American Legion Auxiliary** ,1925 **Scientific American** ,1889 Monthly magazine devoted to topics of general scientific interest *National Directory of Nonprofit Organizations* ,2002 **The Canada Gazette** Canada,1905 The Australasian Insurance & Banking Record ,1917 *Consumer Sourcebook* ,2003 **National Journal** ,1970-10 **Congressional Record Index** ,1983 Includes history of bills and resolutions *The Congressional Digest* ,1970 Congressional Record United States. Congress,1999-12-03 Library Journal Melvil Dewey,Karl Brown,Bertine Emma Weston,Helen E. Wessells,1968 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Juniorlibraries 1954 May 1961 Issued also separately

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