

# \*Intensity Interval Walk\*

# WORKOUT

## { 20-MINUTE HILL WALK }

MINUTE	SPEED	INCLINE	RPE
0-5	4	3	5
5-7	4	8	7
7-8	4	5	6
8-10	4	10	8
10-11	4	6	6-7
11-13	4	12	9
13-14	4	8	7
14-15	4	12	9
15-20	4	3	5

GET HEALTHY 

# \* Power Pyramid Walk \*

# WORKOUT

## { 20-MINUTE INTERVAL WALK }

MINUTE	SPEED	INCLINE	RPE
0-2	3.0	1	4
2-4	3.5	1	4-5
4-5	4.0	1	5
5-7	3.5	1	5
7-8	4.2	1	6
8-10	3.5	1	5
10-11	4.3	1	7
11-13	3.5	1	5
13-14	4.4	1	8
14-16	3.5	1	5
16-17	4.5	1	9
17-20	3.0	1	4

GET HEALTHY 

# \* Walk and Sculpt \*

# WORKOUT

{ 20-MINUTE INTENSITY SCULPTING }

MINUTES	ACTIVITY
0-5	Warm-Up Walk
5-6	Walking Lunges
6-9	Brisk Walk
9-10	Push-Ups
10-13	Brisk Walk
13-14	Squats
14-17	Brisk Walk
17-18	Tricep Dips
18-20	Cool-Down Walk

GET HEALTHY 