

No Joke Walking Workout (treadmill needed to complete this exercise)

Minute	Incline*	Speed*
0-1	4	4.0
1-2	8	4.0
2-3	9	4.0
3-4	10	4.0
4-5	11	4.0
5-6	12	4.0
6-8	8	4.0
8-9	9	4.0
9-10	10	4.0
10-11	11	4.0
11-12	12	4.0
12-13	9	4.0
13-14	10	4.0
14-15	11	4.0
15-16	12	4.0
16-17	8	4.0
17-18	10	4.0
18-19	12	4.0
19-20	8	4.0

* Adjust your incline and speed as necessary based on your level of fitness!

