

5

TIPS TO BOOST YOUR WALKING ROUTINE



Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



Walking Workout Tips Tutorial

Lei Huang



Walking Workout Tips Tutorial:

Enjoying the Melody of Appearance: An Mental Symphony within **Walking Workout Tips Tutorial**

In a global taken by monitors and the ceaseless chatter of immediate transmission, the melodic beauty and mental symphony produced by the published word often fade into the back ground, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Walking Workout Tips Tutorial** a charming literary value overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this captivating masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional assessment, we will examine the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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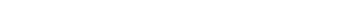
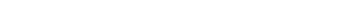
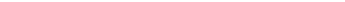
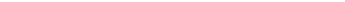
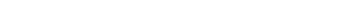
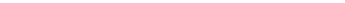
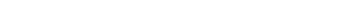
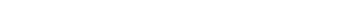
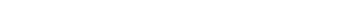
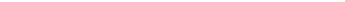
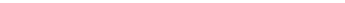
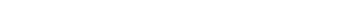
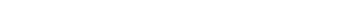
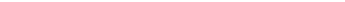
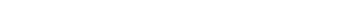
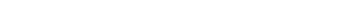
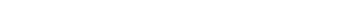
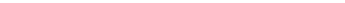
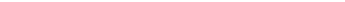
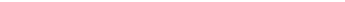
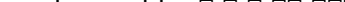
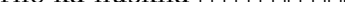
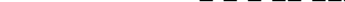
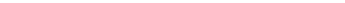
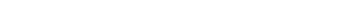
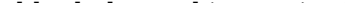
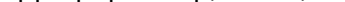
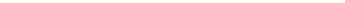
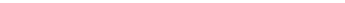
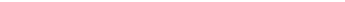
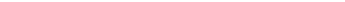
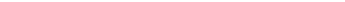
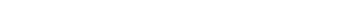
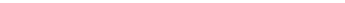
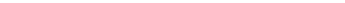
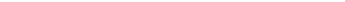
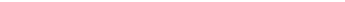
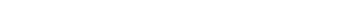
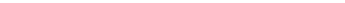
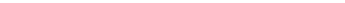
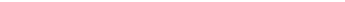
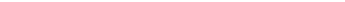
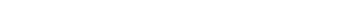
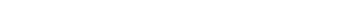
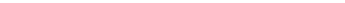
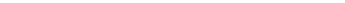
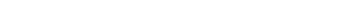
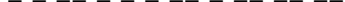
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web the following are the methods of setting out simple circular curves by linear methods and by the use of chain and tape 1 by ordinates from the long chord 2 by successive bisection of arcs 3 by offsets from the tangents 4 by offsets from chords

produced method 1 by ordinates from the long chord fig 11 8

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web 10 2 setting out curves this is the process of establishing the centre line of the curve on the ground by means of pegs at 10 m to 30 m intervals in order to do this the tangent and intersection points must first be fixed in the ground in their correct positions consider figure 10 3

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web the point where the two curves connect namely the point at which the pt of the first curve equals the pc of the second curve is referred to as the point of compound curvature pcc since their tangent lengths vary compound curves fit the topography much better than simple curves