POWER WALKING

Walking. Countiess numbers of doctors recommend it. Scotes of studies extol its benefits. Walking is an incredibly effective exercise. It is also convenient 8: easily integrated into daily life. Here's how to up the arrite 8 turn a regular walk linto a challenging workout to burn a for of calories, lose weight, lone up 8 get fit.

HEART RATE

Get heart rate up to burn calories: Walk at a brisk pace as though late for an appointment.

POSTURE

Shoulders back & relaxed, eyes looking forward & chin level.

ARM SWING

Blend elbows at 90" angle & swing arms forwards & back

WIEDGHIT

Wear a weighted vest or a backpack avoid hand & ankle weights.

GLUTE SQUEEZE

Squeeze glutes together as you push off with back foot to shape & firm butt.

HILLS.

back of thighs & greatly boosts calore burning

WALKING POLES

Nordic walking poles can increase calorie burning by almost 50%.

ABS

Pull turniny muscles in to tone abs & burn more calories.

LIFT KNESS

Add intervals. Knee lifts (bring knees towards cheet) or soldier kicks (keep knees straight).

UNEVEN TERRAIN

Walk on trails, grass, sand, gravel, snow or maneuver around nocks

TOE PUSH-OFF

Strike the ground with heel. Roll forward through such of foot & push from toes.

LONG STRIDE

Increase stride length to target inner & outer thigh muscles.

ADD SHORT INTERVALS: increase speed (walk faster or jog), walk hills, or climb stairs for several minutes to boost calorie burn.

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Beginners Guide To Power Walking

Michael Brown

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