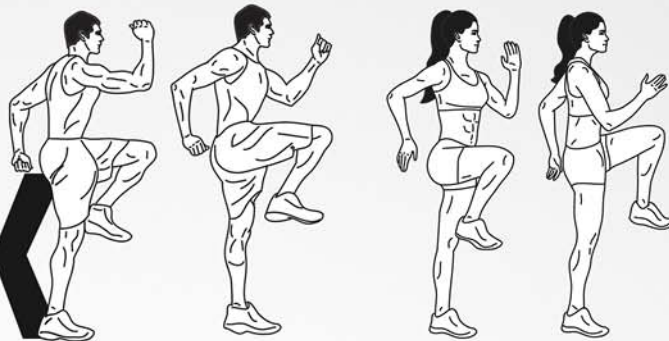


power walk

30-day challenge



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1 2 minutes march steps	2 3 minutes march steps	3 2 minutes march steps	4 3min 30sec march steps	5 2 minutes march steps
6 4 minutes march steps	7 2 minutes march steps	8 4 min 30sec march steps	9 2 minutes march steps	10 5 minutes march steps
11 2 minutes march steps	12 5 min 30sec march steps	13 2 minutes march steps	14 6 minutes march steps	15 2 minutes march steps
16 6 min 30sec march steps	17 2 minutes march steps	18 7 minutes march steps	19 2 minutes march steps	20 7 min 30sec march steps
21 2 minutes march steps	22 8 minutes march steps	23 2 minutes march steps	24 8 min 30sec march steps	25 2 minutes march steps
26 9 minutes march steps	27 2 minutes march steps	28 9min 30sec march steps	29 2 minutes march steps	30 10 minutes march steps