

Aneska's Fat-Burn Routine

30-Minute Walking Pad Workout

1. WARM-UP



5 min: Easy Walk → 3.5~4 km/h

2. INTERVALS (Repeat 4x)



3 min Fast Walk → 5.5~6 km/h



2 min Recover Walk → 4.2~4.5 km/h

3. COOL DOWN



5 min: Slow Walk → 3~3.5 km/h

- ✓ Walk 3-4x a Week
- ✓ Stand Tall, Core Tight
- ✓ Music On, Fat Off 🎵
- ✓ You Got This! 💪

Burn Fat, Feel Great!