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HOW TO BURN MORE CALORIES WALKING
SUPERSKINNYME.COM/WALKING

Walking. Countless numbers of doctors recommend it. Scores of studies show its benefits. Walking is an incredibly effective exercise. It is also convenient and easily integrated into daily life. Here’s how to up the ante & turn a regular walk into a challenging workout to burn a ton of calories, lose weight, tone up & get fit.

POSTURE
SHOULDERS BACK & RELAXED, EYES LOOKING FORWARD & CHIN LEVEL

WEIGHT
WEAR A WEIGHTED VEST OR A BACKPACK AVOID HAND & ANKLE WEIGHTS.

ARM SWING
BEND ELBOWS AT 90° ANGLE & SWING ARMS FORWARD & BACK.

GLUTE SQUEEZE
SQUEEZE GLUTES TOGETHER AS YOU PUSH OFF WITH BACK FOOT TO SHAPE & FIRM BUTT.

HILLS
HILLY TERRAIN TONES BUTT & BACK OF LEGS & GREATER BOOSTS CALORIE BURNING.

LIFT KNEES
ADD INTERVALS: KNEE LIFTS (bring knees towards chest) OR SOLIDER MARCH (KEEP KNEES STRAIGHT).

LONG STRIDE
INCREASE STRIDE LENGTH TO TARGET INNER & OUTER THIGH MUSCLES.

UNEVEN TERRAIN
WALK ON TRAILS, GRASS, SAND, GRAVEL, SNOW OR MANEUVER AROUND ROCKS.

TOE PUSH-OFF
STRIKE THE GROUND WITH HEEL ROLL FORWARD THROUGH ARCH OF FOOT & PUSH FROM TOES.

HEART RATE
GET HEART RATE UP TO BURN CALORIES: WALK AT A BREAKING PACE AS THOUGH LATE FOR AN APPOINTMENT.

WALKING POLES
NORDIC WALKING POLES CAN INCREASE CALORIE BURNING BY ALMOST 50%.

ABS
ROLL TUMMY MUSCLES IN TO TONE ARMS & BURN MORE CALORIES.

1-minute intervals walking backwards. Move slowly on uneven surfaces, clear of traffic & obstacles. Super challenging!

1-minute intervals of sideways shuffles. Left & right sides. Unusual movement is very challenging & works muscles hard.

See superskinnyme.com/walking for the complete guide on how to burn more calories walking.