# INDOOR FAT EURNING WALKING WORKOUT

Walk on the Spot 60s



Exaggerated arm swing + Walk on the Spot 30s



In In Out **Out Step** 



High Knees







Kicks



Jog on Spot



Shoulder Tap + Reach 30s



Side Punch Bounce 30s



Tap Tap 30s **Punch Punch** 



Floor Tap to Reach





Back Stroke



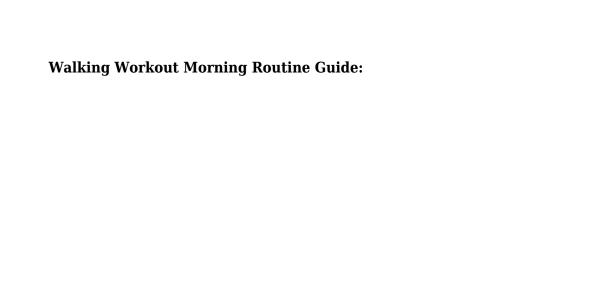






# **Walking Workout Morning Routine Guide**

**Yi-Tong Ma** 



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