

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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March in place



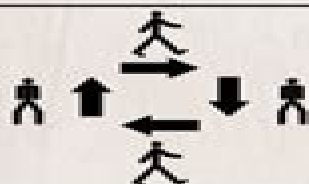
Side step



4 steps forward, 4 steps back



Side step x 2



Big step forward, side step, big step back, side step

Do for 30 seconds then change lead leg

Walking Workout Review Tutorial

**Francesca Lanfranconi, Lucio
Tremolizzo, Mauro Marzorati**



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Cognitive-Motor Interference in Multi-Tasking Research Karen Zentgraf, Hermann Müller, Eliot Hazeltine, 2019-11-20 **Exercise and Sport Sciences Reviews (ESSR)** John O. Holloszy, 1995 *basic training for horses*, The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 **Better Than Ever** Lisa Hoffman, Anita Weil Bell, 1997 Provides a program of exercise nutrition and relaxation aimed at preventing heart disease and osteoporosis and minimizing the side effects of menopause such as mood swings hot flashes and fatigue **The Review of Reviews** William Thomas Stead, 1898 **Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit American Physical Education Review, 1923 Includes abstracts of magazine articles and Book reviews **Rockport's Complete Book of Exercise Walking** Gary Yanker, 1983 Variety's Complete Home Video Directory, 1988 **Your Astrological Guide to Fitness** Eva Shaw, 1988 **Subject Guide to Books in Print**, 1991 **Physical Training; Supplement to Association Men**, 1966 Exercise and Sport Sciences Reviews, 2006 The Complete Book of Exercisewalking Gary Yanker, 1983 Massachusetts General Hospital Guide to Primary Care Psychiatry Theodore A. Stern, John B. Herman, Peter L. Slavin, 2004 From the leading psychiatry department in the world comes the second edition of this unique symptom oriented approach to the diagnosis and treatment of psychiatric diseases Features coverage of all the salient features of psychiatric diseases as well as new emphasis on evidence based algorithms psychopharmacological advances and the pediatric patient

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