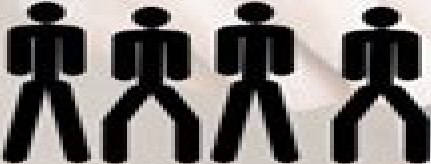
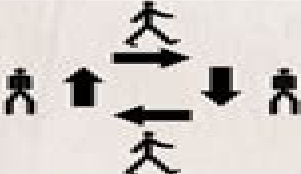


An hour a week Indoor walking Circuit

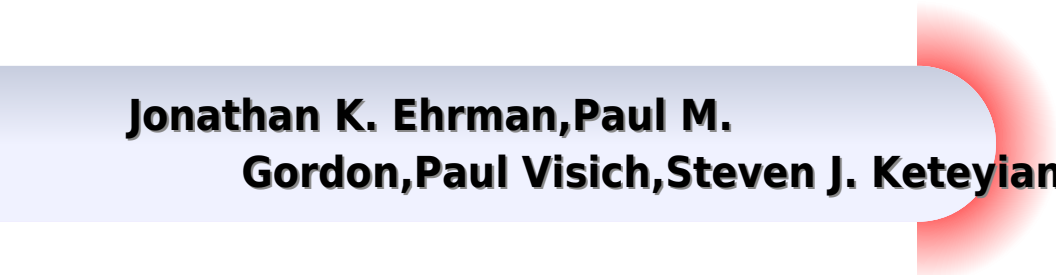
1 minute each exercise • 4 circuits

Free printable at [My Fitness Planner](#)

	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 Ideas Tutorial

**Jonathan K. Ehrman, Paul M.
Gordon, Paul Visich, Steven J. Keteyian**



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