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



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Tap Tap 30s **Punch Punch**



Floor Tap to Reach





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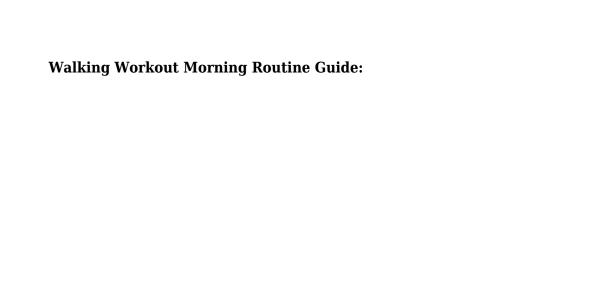






Walking Workout Morning Routine Guide

J. Robin Powell



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