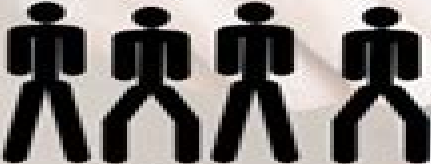
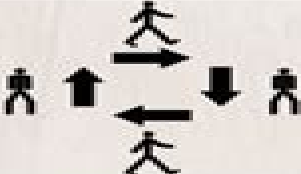


An hour a week Indoor walking Circuit

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

Gary Yanker



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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability

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Rockport's Complete Book of Exercise Walking Gary Yanker, 1983 Variety's Complete Home Video Directory, 1988

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