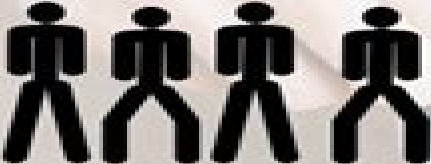
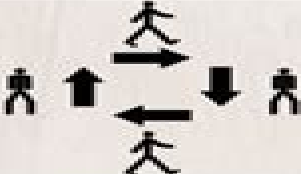


An hour a week Indoor walking Circuit

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

J Elliott



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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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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

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