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



Side Punch Bounce 30s



Tap Tap 30s **Punch Punch**



Floor Tap to Reach





Back Stroke



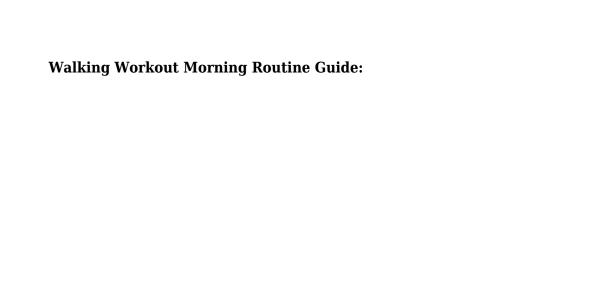






Walking Workout Morning Routine Guide

Mary Goulet, Heather Reider



Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Walking Workout Morning Routine Guide**. This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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