

INDOOR FAT BURNING WALKING WORKOUT

Walk on the Spot
60s



Exaggerated arm swing + Walk on the Spot 30s



In In Out Out Step 30s



High Knees 30s



Kick Outs 30s



Butt Kicks 60s



Jog on Spot 60s



Shoulder Tap + Reach 30s



Side Punch Bounce 30s



Tap Tap 30s
Punch Punch



Floor Tap to Reach 30s



Back Stroke 60s



Side Reach 60s



Side 30s
Crunches



Walking Workout Morning Routine Guide

Mary Goulet, Heather Reider



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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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