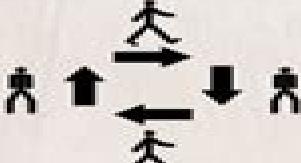


An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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	<p>March in place</p>
	<p>Side step</p>
	<p>4 steps forward, 4 steps back</p>
	<p>Side step x 2</p>
	<p>Big step forward, side step, big step back, side step</p> <p>Do for 30 seconds then change lead leg</p>

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Stewart Sims

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YMCA Walk Reebok Instructor's Manual ,1996 *Elements of Algebra with Exercises* George Egbert Fisher,1899
Practical Lessons and Exercises in Grammar Olive McHenry,1900 **The Household Physician** Joseph
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Savage,1878 **Publishers Weekly** ,1990 Primary Care of the Older Adult Mary M. Burke,Joy A. Laramie,2000
Multidisciplinary in its presentation Primary Care for the Older Adult is written for professionals and examines the common
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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Walking Workout Ideas Sign In**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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