

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



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M Carnoy



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souveraineté l'empereur débarqua dans la capitale de sa principauté portoferraio le 4

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l'île d'Elbe le dernier rempart de Napoléon avant Waterloo - May 07 2022

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l'évasion de l'île d'Elbe domaine de la bataille de Waterloo 1815 - Nov 13 2022

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trois cents jours

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