

# 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 Crunches 30s



## Walking Workout Review Coupon

**Thirumalaisamy P.  
Velavancorresponding**

**Walking Workout Review Coupon:**

Embark on a breathtaking journey through nature and adventure with this mesmerizing ebook, Witness the Wonders in **Walking Workout Review Coupon**. This immersive experience, available for download in a PDF format (\*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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