

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 Tricks Promo

Mark Fenton



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Intervention Mapping Maria E. Fernandez, Robert A. C. Ruiter, Christine Margaret Markham, Gerjo Kok, 2021-01-12

Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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