

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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March in place



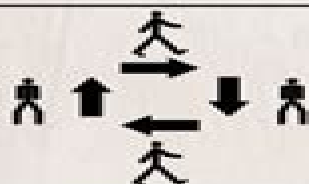
Side step



4 steps forward, 4 steps back



Side step x 2



Big step forward, side step, big step back, side step

Do for 30 seconds then change lead leg

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Thomas Alexander

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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