

# An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

Free printable at [My Fitness Planner](#)



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

# Walking Workout Ideas Sign In

**Olive McHenry**

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

## **Walking Workout Ideas Sign In:**

*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  
McGregor-Robertson,1898      **Midland Schools** ,1900      **French Exercises, Based on the Memory Work of the**  
**French Grammar** F. Walter 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 conditions and problems faced by older people The book covers clinical social ethical and legal  
aspects of such care      *Medical Gymnastics and Massage in General Practice* Johan Emil Arvedson,1930      *Practical*  
*exercises in light* Reginald Stanley Clay,1902      **Faith Based Fitness** Kenneth Cooper,1997-11 If you find yourself talking  
about health and fitness but never achieving your goal take heart you re not alone Research shows that in spite of the fitness  
craze and constant studies showing the value of exercise and proper nutrition nearly 48 million adults in the United States  
lead sedentary lives with one third of us overweight Cooper helps you turn your words into action with a comprehensive on  
target regimen that pinpoints the relationship between spiritual faith and physical health Known as the Father of Aerobics Dr  
Cooper now reveals the link between spirituality and exercise and nutrition      *The Prussian Elementary Schools* Thomas  
Alexander,1918      *Red Book* ,1981 The magazine for young adults varies      *Heavyhands Walking* Leonard Schwartz,1987  
**Walking to Denver** Alan Cook,1998      *Fitness, Health, and Work Capacity* International Committee for the  
Standardization of Physical Fitness Tests,Leonard August Larson,1974 *Fitness Gesundheit Arbeitsphysiologie* Normen  
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