

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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Royal Society of Health (Great Britain)

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability

Prevention ,1986 **Walking-- for Health, Fitness and Sport** Bob Carlson, 1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log

Consumers Index to Product Evaluations and Information Sources ,1999 **The Chautauquan** Theodore L. Flood, Frank Chapin Bray, 1888 **American Health** ,1986 **The Phrenological Journal and Science of Health** ,1892 Library

Journal ,1988 Journal of the Royal Sanitary Institute Royal Sanitary Institute (Great Britain), 1928 *Report of the 3d-4th Congress of the Sanitary Institute of Great Britain* Royal Society of Health (Great Britain), 1929 **Journal of the Royal Sanitary Institute** Royal Society of Health (Great Britain), 1929 *Journal* Royal Sanitary Institute (Great

Britain), 1929 **The Practical Teacher** ,1883 Live Stock Journal ,1895 **Heart Healthy for Life** Peter Jaret, 2002 Provides strategies and tips to help live a heart healthy lifestyle offering natural ways to lower blood pressure and cholesterol tips to add exercise to any schedule and recipes that incorporate foods for a healthy heart *Where to Retire in Florida*

Richard Fox, Betty Fox, 1999-02-09 Florida attracts more retirees than any other state 450 000 plus during the latest census Many times that number are currently considering such a move This new edition will top their reading lists Fact filled profiles of the state s top 99 towns for retirement are enlivened by witty and candid evaluation from the authors Runner's

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