

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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	<p>March in place</p>
	<p>Side step</p>
	<p>4 steps forward, 4 steps back</p>
	<p>Side step x 2</p>
	<p>Big step forward, side step, big step back, side step</p> <p>Do for 30 seconds then change lead leg</p>

Walking Workout Review Setup

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