

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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Puja Mehta



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Runner's World, 2007-12 *Runner's World* magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Runner's World, 1993

Prevention, 2006-04 *Prevention* magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

Country Living, 1994

Good Housekeeping, 2006

Backpacker, 2007-06 *Backpacker* brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure *Backpacker* is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish *Backpacker's* Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Ski, 2006-11

New York Magazine, 1995-06-19 *New York* magazine was born in 1968 after a run as an insert of the *New York Herald Tribune* and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

The Hygienic Prevention of Consumption John Edward Squire, 1893

The New York Times Magazine, 1994

The Morning Star and Free Baptist, 1897

Good Health, 1871

Shape, 1994

National Stockman and Farmer, 1900

Backpacker, 2004-09 *Backpacker* brings the outdoors straight to the reader's doorstep inspiring and enabling

them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Harper's Weekly** ,1877

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