

**20-MINUTE**

# **WALKING WORKOUT**



# Walking Workout Update Tutorial

**Mary Beth Allen**



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of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites

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