

# 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 Crunches 30s



## Walking Workout Best Promo

**Richard Bailey**

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**Runner's World Complete Book of Running** Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you ned to know about running **COMPLETE RUNNER'S GUIDE** ,2004 **Remaking**

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