

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

Free printable at [My Fitness Planner](#)



March in place



Side step



4 steps forward, 4 steps back



Side step x 2



Big step forward, side step, big step back, side step

Do for 30 seconds then change lead leg

Walking Workout Ideas Warranty

Xiaolong Qi



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Landscape Architecture Directory ... ,2007 **The Veterinarian** ,1842 *Windpower Monthly Newsmagazine* ,2010

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