

10-MINUTE INDOOR WALKING WORKOUT

Complete each move for 2 minutes and
You have done a quick 10-minute workout!



Warm Up: Walk in Place

Move 1:
Arm and Chest
Press with Heel Taps



Move 2:
Hamstring Curls and
Bicep Curls



Move 3:
Skaters



Move 4:
High Knees with
Ab Crunchers

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The Walking Solution Lee Scott, Michele Stanton, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability

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topics

Walking-- for Health, Fitness and Sport Bob Carlson, 1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking, guiding both beginners and active fitness walkers toward health and fitness improvement. It includes many helpful appendices such as loosening and flexibility exercises and a daily training log.

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Y's Way to Fitness Walking June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 **Exercise & Fitness** Jim Glenn,1986 **American Health** ,1988 *Physical Fitness & Wellness* Jerrold S. Greenberg,2000 **Health Fitness**

Instructor's Handbook Edward T. Howley,B. Don Franks,1997 Health Fitness Instructor's Handbook is the most comprehensive and up to date book available for health and fitness professionals who want to learn about the latest advances in physical fitness Respected exercise scientists Edward T. Howley and B. Don Franks have teamed up with eight contributors to provide the latest information on the following the scientific foundations of physical activity and fitness nutrition body composition and weight management the components of fitness exercise prescription and exercise programming considerations This third edition has been updated according to 1995 ACSM objectives for Health Fitness Instructor and Exercise Leader certifications and the Surgeon General's Report on Physical Activity and Health Plus the book features a better organization with a heavier focus on exercise prescription new chapters on metabolic costs of physical activity weight management and exercise prescription for special populations new in text reviews linked to learning objectives and case studies for every chapter **Eat and be Lean** Dana Thorne,1992 *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2007

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