

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 Stanten, 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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Fitness Walking For Dummies Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of

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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 Thornock, 1992 *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton, 2007

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