

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

Walking Workout Price

Yan Bai

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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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Unveiling the Magic of Words: A Overview of "**Walking Workout Price**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Walking Workout Price**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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