

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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	<p>March in place</p>
	<p>Side step</p>
	<p>4 steps forward, 4 steps back</p>
	<p>Side step x 2</p>
	<p>Big step forward, side step, big step back, side step</p> <p>Do for 30 seconds then change lead leg</p>

Walking Workout Ideas Setup

Curt Simmons

Walking Workout Ideas Setup:

Methods of Group Exercise Instruction Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor. **Methods of Group Exercise Instruction** Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services. The authors who have dozens of years of experience thoroughly explain group exercise training principles, correction and progression techniques and safety tips. They also have taught this course within a university setting. This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe and effective classes for clients of differing ages, abilities and interests. **Methods of Group Exercise Instruction** Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design, the proper way to cue participants and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following: Over 100 minutes of online video demonstrating warm ups, routines, drills and 15 new class formats. A new chapter dedicated specifically to instructing older adults. New coverage of high intensity interval training (HIIT). Two additional sample class plans for featured group exercise formats. The text also features a number of additional learning aids to help readers retain and apply the content. Pro Tips offer insights and expertise from industry veterans, boxes and sidebars highlight important topics, research findings and technique and safety checks, practice drills offer opportunities to apply the information and evaluation forms are provided to self-assess teaching success. **Methods of Group Exercise Instruction** Fourth Edition will prepare any group fitness instructor for a successful career. Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success.

Lean Six Sigma for Healthcare Chip Caldwell, Gregory S. Butler, Nancy Poston, 2008-12-05 This book's unique focus on the role of healthcare leaders and the lessons learned were uncovered during the authors research of over 200 U.S. hospitals' performance. It was written specifically for CEOs, the C Suite and senior leaders who desire to harness the power of Lean Six Sigma as their major strategic weapon for progress as well as those charged to coach them. It is intended for those organizations that operate active Lean Six Sigma initiatives but have yet to successfully attack high leverage processes like In Quality Staffing and recovering significant Cost of Quality from throughput improvements. It is also intended for senior leaders who have yet to tackle Lean Six Sigma as their major organization wide strategic weapon. However, it is also a must-read for managers at all levels, quality professionals and Lean Six Sigma Black Belts who desire to aid in assuring that their organizations improvement efforts attack strategically versus the all to common tactical project by project approach that suboptimizes the power of Lean Six Sigma. Further, the book and supporting website is full of electronic checklists, tools, templates, suggestions for additional reading and many recommended 1 hour and 2 hour learning sessions for senior leaders.

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The Complete Guide to Walking for Health, Weight Loss, and Fitness

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