

# 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

**Deena Balboa,David Balboa**

## **Walking Workout Price:**

**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

Kiplinger's Personal Finance, 1987-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

**Exercise and You - The Complete Guide** Madeleine Smethurst, 2014-01-23 Exercising regularly helps us to maintain both good physical and

psychological health as well as reducing our risk of developing chronic illnesses in the future. It can also be a great social outlet and a good way to meet new people. Exercise and You The Complete Guide is your straightforward and friendly guide to everything you need to know about exercise. It is packed full of reliable information, facts and sensible advice from both the NHS and the Health e Buddy team. Covering a wide variety of topics that range from exercise benefits and types of exercise to basic nutrition and planning your routine, this eBook is great for both newcomers to exercise and as a reference source for more seasoned athletes. Go for it

**Tamilee Webb's Defy Gravity Workout** Tamilee Webb, 2005

Walking for Health and Fitness Consumer Guide, 1988

**Kiplinger's Personal Finance**, 1997-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance

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.

**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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**for Life** Deena Balboa,David Balboa,1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a program that grows more enjoyable and desirable every day Illustrated **Jogging and Walking for Health and Fitness** Frank D. Rosato,1995 A guide to jogging and running and related benefits and cautions **Billboard** ,1986-03-01 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

**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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