

# 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

**Dana Thornock**

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