

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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March in place



Side step



4 steps forward, 4 steps back



Side step x 2



Big step forward, side step, big step back, side step

Do for 30 seconds then change lead leg

Walking Workout Ideas Tutorial

Peter Freeman,Anthony I. Wasserman

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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Sports, Exercise, and Fitness Mary Beth Allen, 2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites

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how to do it how to manage it and trends in current research The thirty one papers included are frequently requested from
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Judging and Coaching Women's Gymnastics Carolyn O. Bowers, Jacquelyn Klein Fie, Andrea Bodó Schmid, 1981 *The Judge* , 1928 **Walking** Casey Meyers, 1992 Explains the best techniques for four basic walking speeds how to progress from one to the other and how walking keeps a person in shape **Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit *Walk with Ease* Arthritis Foundation, 2002 A basic easy guide to creating your own walking fitness plan including how to get started and stay motivated Ohio Wesleyan Magazine , 1927 Academic Computing , 1987 Subject Guide to Books in Print , 1993

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