

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

Madeleine Smethurst

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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 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**

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