

# 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

**Frank D. Rosato**



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The Walking Solution Lee Scott, Michele Stanten, 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 all of the great things a regular walking program

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