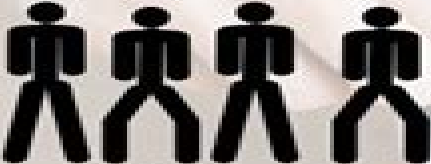
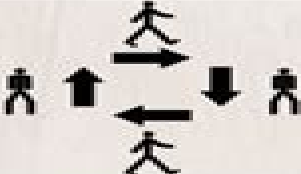


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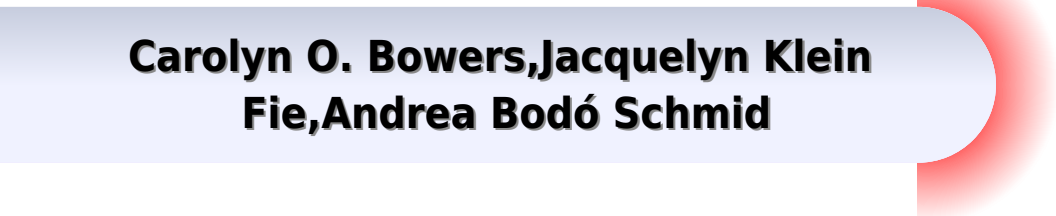
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	March in place
	Side step
	4 steps forward, 4 steps back
	Side step x 2
	Big step forward, side step, big step back, side step Do for 30 seconds then change lead leg

Walking Workout Ideas Tutorial

**Carolyn O. Bowers, Jacquelyn Klein
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