

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

Free printable at [My Fitness Planner](#)



March in place



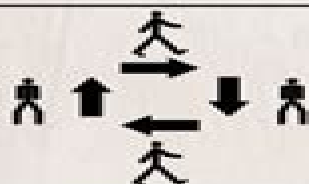
Side step



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

Arthritis Foundation



Walking Workout Ideas Tutorial:

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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walking can help you get to where you want to go This book can help you do that by showing you everything you need to
know about starting and maintaining a walking program **Tutorial, Computer System Requirements** Kenneth J.
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end product This collection of articles presents a straw man strategy to help avoid ad hoc designs and to answer the
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