

INDOOR FAT BURNING WALKING WORKOUT

Walk on the Spot
60s



Exaggerated arm swing + Walk on the Spot 30s



In In Out Out Step 30s



High Knees 30s



Kick Outs 30s



Butt Kicks 60s



Jog on Spot 60s



Shoulder Tap + Reach 30s



Side Punch Bounce 30s



Tap Tap 30s
Punch Punch



Floor Tap to Reach 30s



Back Stroke 60s



Side Reach 60s



Side 30s
Crunches



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**Stephanie Chang, Kaesmene
Harrison, Karin Kaneps, Stephanie
Rottenberg, Lauren Wiley**

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Walk Off Weight Michele Stanten, 2011-03-01 Walking is America's #1 form of exercise and with good reason. It's easy, cheap, and can be done anywhere. Prevention magazine takes fun, low-impact walking to the next level with a new 8-week program that will help you lose 3 times more weight and keep it off. Designed by certified fitness trainer Michele Stanten, the program jump-starts weight loss with core and lower-body strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking. Women who tried the program for 8 weeks lost up to 22 pounds and 12 inches, lowered their blood pressure and blood glucose levels, had less back and joint pain, improved their posture, balance, flexibility, and boosted their energy. Paired with a delicious, well-balanced meal plan and easy strength training exercises, Walk Off Weight also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury.

The Everything Wedding Workout Book Shirley S. Archer, Andrea Mattei, 2006-11-15 The ultimate bride's guide for slimming down and toning up. As a bride, you are so busy with wedding plans, ordering the cake, finding the perfect bridesmaids' dresses, and organizing a guest list that you may forget to prepare yourself for the big day. With The Everything Wedding Workout Book, getting in shape to walk down the aisle is a piece of cake. Written by fitness guru Shirley Archer, this all-inclusive handbook guides you through basic training with tips on how to set practical long and short-term goals, the benefits of a gym versus working out at home, specially timed workouts for six months to six weeks before the wedding, healthy eating tips, and stress management to keep your mind healthy too. Helpful tricks to help you slip into that perfect gown. Complete with encouraging and informative tidbits from a wedding expert, The Everything Wedding Workout Book will make you look and feel fabulous when you say "I do."

Walk Your Way to Health: A Comprehensive Guide Marcus B. Cole, 2023-01-01 The path to wellness starts with a single step. Discover the transformative power of walking with Walk Your Way to Health: A Comprehensive Guide. This essential guide will take you on a journey through the many benefits and techniques of walking, offering practical advice and motivation to help you make walking a part of your daily routine. Whether you're looking to lose weight, improve your mental health, or simply lead a more active lifestyle, walking is the perfect low-impact exercise to help you reach your goals. Inside this book, you'll find invaluable information on the incredible health benefits of walking, from boosting your immune system to reducing the risk of chronic diseases. Techniques for walking with proper form, posture, and gait, ensuring you make the most out of every step. Tips for staying motivated and making walking a regular part of your routine, whether you're a beginner or an experienced walker. How to choose the right footwear, clothing, and gear to maximize comfort and safety on your walks. A variety of walking workouts and challenges to help you achieve specific fitness goals and keep things fresh and exciting. Strategies for integrating walking into your daily life, including walking to work, walking during breaks, and walking as a form of meditation. The benefits of walking in nature and exploring scenic trails, with recommendations for the best walking destinations. Walking

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