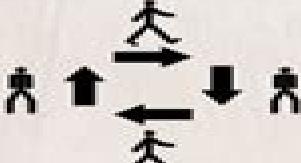


# An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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

# Walking Workout Ideas Tutorial

**Jin-Ying Zhang**

## Walking Workout Ideas Tutorial:

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Software maintenance the work done on a software system after it becomes operational consumes at least half of all technical and management resources expended in the software area This volume supplies an overview of software maintenance what it is how to do it how to manage it and trends in current research The thirty one papers included are frequently requested from their authors from hard to find sources cover the foundations of current thinking on this topic and extend the frontiers of research    **Tutorial on Software Design Techniques** Peter Freeman,Anthony I. Wasserman,1980

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