

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

Tamilee Webb

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