

# 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

**Edward T. Howley, B. Don Franks**

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