

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



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Hussin A.Rothana



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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability *Kiplinger's Personal Finance*, 1987-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Walking** C Lang Neil, 1903 Tamilee Webb's Defy Gravity Workout Tamilee Webb, 2005 Prevention, 1988 **Walking for Health & Fitness**, 1988 **Walking for Health and Fitness** Consumer Guide, 1988 *Cincinnati Price-current*, 1909 **Mind and Body**, 1907 **Good Housekeeping**, 1923 Kiplinger's Personal Finance, 1997-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Walking-- for Health, Fitness and Sport** Bob Carlson, 1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log **The Special Constable** Special constable, 1914 The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 *Fitness Walking For Dummies* Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above 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 **Black Belt**, 1981-04 The oldest and most respected martial arts title in the industry this popular monthly

magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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