

# 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  
Punch Punch  
30s



Floor Tap to Reach  
30s



Back Stroke  
60s



Side Reach  
60s



Side 30s  
Crunches



# Walking Workout Ideas Install

**John R. Dunlap**



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