

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



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M Mark



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American Federationist ,1896 *The Boy's Own Annual* ,1905 **The Literary Digest** Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,Arthur Stimson Draper,Wilfred John Funk,1903 **The New Yorker** ,1986 *The American Federationist* ,1896 Includes separately paged Junior union section **The Cultivator & Country Gentleman** ,1886 *Digest* ,1903 **Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World** Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,1903

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