

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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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

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