

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 Compare Login

Joan Fritsch Needham



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A Randomized Clinical Trial Comparing Cognitive and Behavioral Strategies for Exercise Compliance Among Chronic Obstructive Pulmonary Disease Patients Catherine Jean Atkins,1981 **Research Quarterly for Exercise and Sport** ,2009
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Department of Education,1913 **Annual Report of the Alberta Department of Education, ISSN 0319-0625** Alberta.
Dept. of Education,1913 **Comparison of a Behavioral and a Non-restrictive Weight Loss Treatment Program**
Laurie L. Friedman,1991 International Disability Studies ,1988 *The Burn Rate Diet* Stephen R. Van Schoyck,2002
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Scientific American ,1900 **British Medical Journal** ,1895 **Records of the Proceedings and Printed Papers of the Parliament** Australia. Parliament,1919 **Dissertation Abstracts International** ,1998 *The Breeder's Gazette* ,1895 **Peninsular Methodist** ,1905

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