

# 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 30s  
Punch Punch



Floor Tap to Reach  
30s



Back Stroke  
60s



Side Reach  
60s



Side 30s  
Crunches



# Walking Workout Usa Login

**Yi-Tong Ma**



**Walking Workout Usa Login:**

**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

**American Breeder** ,1908     **New Zealand Farmer Weekly** ,1925     **Report of the Commissioner of Education** USA. Bureau of Education,1899     **House Documents** USA Congress House of Representatives,1899     **Subject Guide to Books in Print** ,1991     *The Lancet* ,1917     **International Journal of Obesity** ,1990     *British Medical Journal* ,1910     **The People's Cyclopedia of Universal Knowledge with Numerous Appendixes Invaluable for Reference in All Departments of Industrial Life...** ,1897     **Notes and Queries** ,1926     **Argonaut** ,1900     **The American Comprehensive Encyclopedia of Useful Knowledge Arts, Sciences, History, Biography, Geography, Statistics, and General Knowledge** William Harrison De Puy,1896

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