

# 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

# Walking Workout Price

**G Thomas**



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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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