

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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magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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