

An hour a week Indoor walking Circuit

1 minute each exercise · 4 circuits

Free printable at [My Fitness Planner](#)

| | |
|---|---|
|  | March in place |
|  | Side step |
|  | 4 steps forward, 4 steps back |
|  | Side step x 2 |
|  | Big step forward, side step, big step back, side step Do for 30 seconds then change lead leg |

Walking Workout Review Setup

N Noddings



Walking Workout Review Setup:

Embark on a transformative journey with is captivating work, **Walking Workout Review Setup** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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