

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

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AW Chickering



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Walking Workout Ideas Sign In Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Walking Workout Ideas Sign In**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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