

# 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

**S Ashworth**



## **Walking Workout Price:**

**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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The Special Constable Special constable, 1914 Walk for Life Deena Balboa, David Balboa, 1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a

program that grows more enjoyable and desirable every day Illustrated The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 **The Trained Nurse and Hospital Review**, 1906 A monthly magazine of practical nursing devoted to the improvement and development of the graduate nurse **Michigan's Health**, 1906 **The sportsman's, tourist's, and general time-tables and guide to ... Scotland, ed. by J.W. Lyall** J Watson Lyall, 1886 How Our Navy is Run Archibald Hurd, 1909

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