

# 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 Usa Install

**C Cleary**



**Walking Workout Usa Install:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Walking Workout Usa Install** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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