An hour a week Indoor walking Circuit

1 minute each exercise · 4 circuits Free printable at My Fitness Planner

Ť.	March in place
大大大大	Side step
ななな	4 steps forward, 4 steps back
常共	Side step x 2
★★★	Big step forward, side step, big step back, side step Do for 30 seconds then change lead leg

Walking Workout Ideas Tutorial

S Marginson

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