

# 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 Guide Free Shipping](#)

**Annelies Wilder-Smith**



## **Walking Workout Guide Free Shipping:**

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