

# INDOOR FAT BURNING WALKING WORKOUT

Walk on the Spot  
60s



Exaggerated arm swing + Walk on the Spot 30s



In In Out Out Step 30s



High Knees 30s



Kick Outs 30s



Butt Kicks 60s



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Shoulder Tap + Reach 30s



Side Punch Bounce 30s



Tap Tap 30s  
Punch Punch



Floor Tap to Reach 30s



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Side Reach 60s



Side 30s  
Crunches



# Walking Workout How To Free Shipping

**AW Rasmussen**



## **Walking Workout How To Free Shipping:**

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