28-DAY INDOOR WALKING CHALLENGE FOR WEIGHT LOSS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
5 min moderate pace walk 5 min March 5 min Side-Step 2 min Walk Forward & Kick 3 min Knees Lifts	10 min walk moderate pace 5 min March 5 min Side-Step 5 min Walk Forward & Kick 5 min Knees Lifts	10 min power walking indoors 10 min March 10 min Side-Step 5 min Walk Forward & Kick 5 min Knees Lifts	10 min power walking 10 min March 10 min Side-Step 10 min Walk Forward & Kick 10 min Knees Lifts
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JUSTFIT!