



## The SILLY WALK™

Has your cardiovascular routine become... routine? Wanting to maximize your time on the treadmill? Looking to put a little step into your stride?

If you're serious about wanting to improve your core and leg strength as well as overall coordination and 'sure footedness' then the SILLY WALK™ is for you.

### Warm Up

- A nice slow speed of about 3.2 km/hr (2 m/hr) for the first 3-5 minutes

Follow warm up with 9 alternating movements (or steps). Stay with each movement for approximately 40 paces or 45 seconds before switching to the next movement.

### 1<sup>st</sup> Movement

- The Long Stride

### 2<sup>nd</sup> Movement

- The Long & Wide Stride

### 3<sup>rd</sup> Movement

- Walking the Line

### 4<sup>th</sup> Movement

- Drunken Sailor

### 5<sup>th</sup> Movement

- Duck Walk

### 6<sup>th</sup> Movement

- Pigeon Walk

### 7<sup>th</sup> Movement

- Cross Over or (sideways walking) – Left Side

### 8<sup>th</sup> Movement

- Cross Over or (sideways walking) – Right Side

### 9<sup>th</sup> Movement

- Backwards

FUSION HDP is a private consulting firm, working "one on one" with individuals who understand the necessity and are willing to take control of their own health and wellness.

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