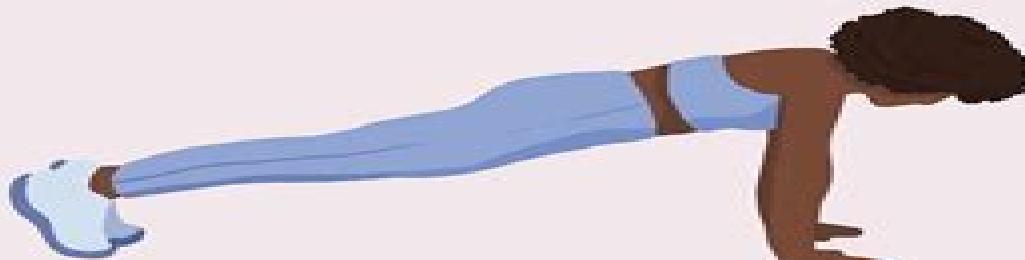


# Low-Impact Cardio Circuit Workout

Perform each exercise in the circuit for 30 seconds. After one round, rest for 30 to 90 seconds, then repeat the circuit two more times. Repeat the process with the next circuit.

## CIRCUIT 1



- Modified Mountain Climbers
- Dumbbell Goblet Squat
- Medicine Ball Slam
- Push-Up

## CIRCUIT 2

- Modified Burpee
- Bodyweight Walking Lunge
- Fast Feet Punch
- Dumbbell Bicep Curl



## Low Impact Plus Workout

**Gale Group**

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**Fit Not Fat at 40-Plus** ,2002-01-01 A guide to fitness for women over forty describes the causes of midlife weight gain and explains how to avoid them presenting diet strategies an exercise plan a fitness self assessment test and nutritional ratings   **Methods of Group Exercise Instruction** Mary M. Yoke,Carol Armbruster,Carol Kennedy

Armbruster,2019-06-02 Methods of Group Exercise Instruction highlights a variety of group exercise formats and offers expert guidance in group exercise training principles correction and progression techniques cueing and safety tips

[Bowker's Complete Video Directory](#) ,2000   [Essential Orthopaedics](#) Mark D. Miller,Jennifer Adele Hart,John M. MacKnight,2010-01-01 Noted authority Mark D Miller MD together with a stellar editorial team and numerous contributors representing a breadth of specialty areas within orthopaedics and primary care offers you the comprehensive multidisciplinary insight you need to confidently diagnose and treat sprains fractures arthritis and bursitis pain and other musculoskeletal problems or refer them when appropriate Videos on DVD demonstrate how to perform 29 joint injections 7 common physical examinations a variety of tests and 6 splinting and casting procedures Presents multidisciplinary coverage that provides authoritative orthopaedic guidance oriented towards the practical realities of primary care practice   *The Dana Thornock Lean & Free 2000 Plus Weight Control System* Dana Thornock,1992   **Working Woman** ,1993   [Dana Thornock's Lean & Free 2000 Plus](#) Dana Thornock,1994   **The Video Source Book** David J. WEINER,1990   **Video**

**Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

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