

LOW IMPACT HOME WORKOUT FOR BEGINNERS

TheHeartyBody.com

Warm Up:

30 Seconds Arm Circles
60 Seconds March in Place
30 seconds Knee to Elbows
60 seconds March in Place

Circuit #1:

10 Wall Squats	10 Seated Leg Lifts
10 Push Ups	10 Crunches

Circuit #2:

2 min March in Place	15 Calf Raises (ea. Leg)
10 Squats	20 sec Plank
20 sec Plank	

Circuit #3:

2 min March in Place	10 Crunches
10 Triceps Dip	10 Hip Thrusters

REPEAT CIRCUIT 3X RESTING AS NEEDED