

Full Body **LOW IMPACT WORKOUT** *for strength training*

- Squats with Press x 20
- Calf Raises x 20
- Glute Bridge x 20
- Plank with Taps x 20
- Leg Lifts x 20 (each)
- Sumo Squat Pulse x 20
- Plank with Drop x 20
- Bird/Dog Lifts x 20
- Walking Lunges x 20
- Bent Over Row x 20
- Donkey Kicks x 20
- Incline Push Ups x 20

Low Impactlight Weight Training

Jessica J Manson



Low Impactlight Weight Training:

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