

# 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

**AW Chickering**



## **Low Impact Plus Workout:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Low Impact Plus Workout** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<https://pinsupreme.com/public/browse/default.aspx/Love%20Desperados.pdf>

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