

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

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Gale Group' text.

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