

## Easy to do Midlife HIIT Workout

High-intensity interval training (HIIT) exercises you can pick and mix for each session.

HIIT is the best way to get fit and feel the benefits of exercise at every age. You are never too old to start and research proves the doing 2-3 HIIT workouts burns more calories.

### 15 Minute Workout

Aim to do each exercise and a short rest for a minute and then move onto the next exercise.

For example workout for between 20-45 seconds, depending on how fit you are, then have a short 15-20 second rest.



Enjoy your workout, remember to listen to your body and not continue any exercise if you feel any discomfort.

If you do this three times per week you will feel and see the benefits.

# Best Home Workout Explained For Workers

**American Association of Instructors of  
the Blind**



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**Teacher Training in Indiana** George Frederick Buxton,1926      *The World's Work* Walter Hines Page,Arthur Wilson  
Page,1918 A history of our time      *Hospital Management* ,1921      **Pictorial Review** ,1921 Includes music      **Steuben**  
**County Farm and Home Bureau News** ,1923      **The Message and Deaconess Advocate** ,1889      Biennial Convention  
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