

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.

How To Use Home Workout Explained For Workers

Hussin A.Rothana



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Teacher's Manual for Work Books in Citizenship Training for Children ... of the Elementary School Walter Lansing Collins,1928 **The Vocational Summary** ,1919 **Vocational Summary** ,1921 **Pennsylvania School Journal** ,1911 **Woman's Home Missions of the Methodist Episcopal Church** ,1928 **Job Analysis Applied to the Teaching of Vocational Agriculture** Victor Chauncey Gaines,1922 The Journal of Social Forces ,1924 **Bulletin** ,1930 *The Service Load in Teacher Training Institutions of the United States* Lynn Banks McMullen,1927 **Journal of Education** ,1911 *Better Rural Living* North Carolina Agricultural Extension Service,1920 *Annual Report* ,1919
The Ministry of Labour Gazette Great Britain. Ministry of Labour,1929 *The Spectator* ,1926 **Home Economics Teacher Training Under the Smith-Hughes Act** Gladys Alee Branegan,1929 Extension service circulars ,1926
Report of the Department of Labour for the Year Ended ... Canada. Department of Labour,1921 **Midland Schools** ,1903 **The Lancet** ,1921 **The Home Economist** ,1928

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