

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.

Simple Home Workout Explained For Experts

JR Anderson



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In a digitally-driven world wherever screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words frequently go unheard. Yet, set within the pages of **Simple Home Workout Explained For Experts** a fascinating literary prize sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, this charming opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the psychological depths of this moving review, we can embark upon a heartfelt exploration of the book is core subjects, dissect their captivating writing style, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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