

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.

Easy Home Workout Ideas For Workers 6597

SJ Ball



Easy Home Workout Ideas For Workers 6597:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Easy Home Workout Ideas For Workers 6597** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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