

30-Minute

Low Impact Full-Body Workout

20 seconds work, 10 seconds rest. ABAB Format

Interval Cycle #1

- Resistance Band Deadlift
- Alternating Reverse Lunge
- Tricep Dips
- Incline Pushups
- Resistance Band Clamshell, left
- Resistance Band Clamshell, right
- Inchworm
- Resistance Band Pull-Apart
- Flutter Kicks
- Russian Twist

Rest 30 Seconds

Interval Cycle #2

- High Knee March
- Side Step Skaters
- Corkscrew
- Static Squat + Punches
- Knee Thrust, left
- Knee Thrust, right
- Plank with Alternating Toe Tap
- Crab Walk Side to Side
- Alternating Plank Extension
- Alternating Uppercuts

Rest 30 Seconds

Interval Cycle #1

- Resistance Band Deadlift
- Alternating Reverse Lunge
- Tricep Dips
- Incline Pushups
- Resistance Band Clamshell, left
- Resistance Band Clamshell, right
- Inchworm
- Resistance Band Pull-Apart
- Flutter Kicks
- Russian Twist