



Your 6-Move Low-Impact Cardio Workout

#1 Alternating Reverse Lunges

x 60 seconds



#2 Mountain Climbers

x 60 seconds



#3 Overhead Squats

x 60 seconds



#4 Plank Jacks

x 60 seconds



#5 Single-Leg Split Lunges

x 30 seconds R/L



#6 Drop Squats

x 60 seconds



Low Impact Exercises

Michael Brown



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