Mindluster Platform

About the course Low impact cardio workout with mobility

Low impact cardio workout course, in this course we will explore the basics of low impact cardio workouts, designed to improve cardiovascular health, boost energy, and burn calories while being gentle on the joints. The course is perfect for beginners or anyone seeking a low-stress workout that minimizes the risk of injury. Youâ€™ll learn a variety of exercises that raise your heart rate without jumps or high-impact movements, making them suitable for all fitness levels. Throughout the course, we will focus on proper form, technique, and progression, ensuring a safe and effective workout. This program is ideal for improving endurance, flexibility, and overall fitness without overloading your joints.

Medical Category's Courses

Course Lesson(9)

Lesson 1 :
Prevent Aches and Pains Full Body MOBILITY Routine from a DPT 11min No Equipment Low Intensity

Lesson 2 :
2 Week Challenge Day 12 Core Workout with Active Recovery Stretches Targeted Bodyweight Circuits

Lesson 3 :
2 Week Challenge Day 9 Total Body Mobility Workout for Active Rest Days Mobility and Stretching

Lesson 4 :
2 Week Challenge Day 3 Low Impact Cardio Workout with Mobility Exercises Active Recovery Circuits

Lesson 5 :
30 Minute Bodyweight Core Workout Strength Building Intervals to Prevent Low Back Pain

Lesson 6 :
Full Body Mobility for Healthy Movement Bored Easily Format with Easy to follow Intervals

Lesson 7 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 8 : **Restorative Bodyweight Workout Low Impact Exercises for Sore Muscles**

Lesson 9 : **Mat Stretches for Stiff Hips Led by a Doctor of Physical Therapy**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



for Business Contact
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