

About the course **Low impact HIIT workout for beginners**

Low impact HIIT workout course, in this course we will learn about Low Impact High-Intensity Interval Training (HIIT), which combines the intensity and fat-burning benefits of traditional HIIT workouts with gentle, low-impact movements that are easier on the joints. This course is ideal for those who want an effective cardiovascular and strength workout without the stress of high-impact exercises, making it suitable for all fitness levels, including beginners or individuals recovering from injury. Throughout the course, we will explore a variety of exercises that target the entire body, such as squats, lunges, modified burpees, and step touches, designed to raise your heart rate, burn calories, and build strength. You'll learn how to alternate between short bursts of intense activity and recovery periods to maximize fat burning while reducing strain on your joints. The course will also guide you through proper form and modifications to ensure safety and effectiveness, helping you get the most out of each session. Whether your goal is to improve cardiovascular health, increase endurance, or lose weight, this low-impact HIIT workout provides a balanced approach to fitness that you can perform anywhere, at any time. By the end of the course, you'll have the tools to enjoy a high-energy, joint-friendly workout routine

Medical Category's Courses

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