Mindluster Platform

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. Youâ€™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, youâ€™ll have the tools to enjoy a high-energy, joint-friendly workout routine

Medical Category's Courses

Course Lesson(163)

Lesson 1 : **Free Indoor Cycling Workout Video Interval Cardo Training on an Exercise Bike**

Lesson 2 : **Pilates for Lean Legs Toned Core 33 Minute Pilates Workout Video by FitnessBlender com**

Lesson 3 : **Squat Free Butt Thigh Workout No Squat Leg Workout by FitnessBlender com**

Lesson 4 : **Low Impact HIIT Workout by FitnessBlender com**

Lesson 5 : **5 Minute Butt Lifting Workout Shape Tone Tighten and Lift your Booty in 5 Minutes**

Lesson 6 : **5 Minute Leg Leaner Booty Toner Lower Body Workout to Get Legs like a Dancer**

Lesson 7 : **Easy on the Knees Kickboxing Blend Low Impact Cardio Workout for Beginners**

Lesson 8 : **Cardio Infused Standing Abs Workout Crunchless Abs Cardio**

Lesson 9 : **Fitness Blender s Fluid Stretching Routine Strength and Flexibility Workout**

Lesson 10 : **No Squat Workout for Butt and Thighs Leg Workout without Squats or Lunges**

Lesson 11 : **Crunchless Abs Workout Crunch Free Ab Workout Routine**

Lesson 12 : **Beginner Boot Camp Workout Easy Toning Low Impact Cardio Workout with Fitness Blender**

Lesson 13 : **Upper Back Arms and Chest Workout 23 Min Tabata Upper Body Workout**

Lesson 14 : **Cool Down and Full Body Stretch Relaxing Cool Down and Stretching Workout Routine**

Lesson 15 : **Fitness Blender Standing Ab Workout Toning Standing Abs Exercises**

Lesson 16 : **Workout at Work Low Impact Total Body Chair Workout Routine by FitnessBlender com**

Lesson 17 : **Fitness Blender s Beginner Kettlebell Workout Kell s Kettlebells Routine for Total Body Toning**

Lesson 18 :

Fitness Blender Body Firming HIIT Workout for Beginners Beginner HIIT Home Workout Routine

Lesson 19 : **Low Impact Cardio Workout for Beginners Beginner Cardio Toning Workout Routine**

Lesson 20 : **Advanced Balance Workout Agility Exercises to Increase Balance and Muscle Tone**

Lesson 21 : **Fitness Blender Beginner Balance Workout Beginner Exercises for Balance and Toning**

Lesson 22 : **Abs and Obliques Workout Exercises for a Smaller Waist**

Lesson 23 : **Pilates Infused Cool Down and Stretch Workout to Tone and Lengthen**

Lesson 24 : **24 Minute Pilates for the Abs and Legs Free Pilates Workout Videos by Fitness Blender**

Lesson 25 : **Postnatal Workout or Post Abdominal Surgery Workout**

Lesson 26 :
Sexy Arms Workout At Home Resistance Band Workout for the Upper Body Exercise Band Training

Lesson 27 : **Comprehensive Pilates Leg Workout Fitness Blender Pilates Workout**

Lesson 28 :
Pilates Butt and Thigh Workout Butt Lifting Pilates Workout for Toned Legs by FitnessBlender com

Lesson 29 :
Home Upper Body Workout without Weights Bodyweight Upper Body Workout for Beginners

Lesson 30 :
Fitness Blender s Low Impact Beginner Pilates Workout Great Post Pregnancy Workout for New Mothers

Lesson 31 : **Quiet Cardio Workout Low Impact No Bounce Recovery Cardio Workout**

Lesson 32 : **Feel Good Stretching Routine Fitness Blender s Relaxing Cool Down Stretch Workout**

Lesson 33 : **At Home Total Body Barre Workout Barre Workout Video Low Impact Workout**

Lesson 34 :
Fat Burning Low Impact Cardio Workout at Home Easy on the Joints Quiet Cardio Training

Lesson 35 :
Toning Lower Back Workout Routine Best Lower Back Exercises at Home with Fitness Blender

Lesson 36 :
Yoga Cardio Blend Yoga for Weight Loss Yoga Inspired Cardio Toning Workout by Fitness Blender

Lesson 37 :
Cardio Kickboxing Workout with Ab Exercises 37 Minute Fat Melting Routine with Fitness Blender

Lesson 38 :
Yoga for Weight Loss A Strong Toned Body Fitness Blender s Yoga Inspired Total Body Toning

Lesson 39 : **Low Impact Cardio and Toning Workout for Beginners by Fitness Blender**

Lesson 40 :
Butt and Thigh Barre Workout Video Beach Barre Lower Body Workout for Long Lean Legs

Lesson 41 :
Lower Body Toning Workout 56 Minute Butt and Thigh Tabata Workout with Fitness Blender

Lesson 42 : **Pilates Abs and Obliques Workout 26 Minute Fitness Blender Online Pilates Class**

Lesson 43 :

Leg Slimming Pilates Butt and Thigh Workout 32 Minute Free Online Pilates Class Fitness Blender

Lesson 44 : **Low Impact Cardio Workout Bodyweight Quiet Cardio Workout Video to Tone Up Fast**

Lesson 45 : **Cardio Kickboxing plus Abs and Obliques Workout At Home Bodyweight Workout**

Lesson 46 : **Fitness Blender Cool Down Workout Cool Down Stretching Routine for Flexibility**

Lesson 47 : **Quick Warm Up Cardio Workout Fitness Blender Warm Up Workout Routine**

Lesson 48 : **Calorie Blasting Low Impact Cardio Boot Camp 33 Minute Recovery Cardio Workout**

Lesson 49 : **Quick Total Body Warm Up Cardio Easy Low Impact Cardio Warm Up Workout**

Lesson 50 : **Total Body Toning Low Impact Cardio Workout 30 Minute At Home Cardio Workout**

Lesson 51 : **Fitness Blender 8 Minute Abs Workout No Equipment No Excuses Abs and Obliques**

Lesson 52 :
Pilates Glute and Thigh Workout for a Round Butt Fitness Blender Pilates Butt Lifting Workout

Lesson 53 :
Tank Top Arms Round 2 Upper Back Arm and Shoulder Workout for a Strong Lean Upper Body

Lesson 54 :
Kona Beach Bikini Body Workout No Equipment Body Sculpting Workout Sand Surf Sweat

Lesson 55 : **27 Minute Abs Butt and Thighs Pilates Workout by FitnessBlender com**

Lesson 56 : **Goodbye Stress Calming Stretching Workout Full Body Yoga Infused Stretching Routine**

Lesson 57 : **Happy Healthy Strong Total Body Boot Camp Strength and Cardio Tabata Workout**

Lesson 58 :
Relaxing Pilates Yoga Blend Calming Yoga and Pilates Workout for Strength and Flexibility

Lesson 59 :
43 Minute Low Impact Workout for Endurance Descending Ladder Total Body Burnout Challenge

Lesson 60 : **Low Impact Workout for Beginners 40 Minute Total Body Beginner Workout**

Lesson 61 :
Calorie Burning Low Impact Cardio Workout for Beginners Recovery Cardio Workout with No Jumping

Lesson 62 :
Pilates Butt and Thigh Burnout Squat Free Pilates Workout for a Lifted Round Butt Toned Thighs

Lesson 63 : **Stress Busting Yoga Pilates Workout Relaxing Stretch Workout for Flexibility**

Lesson 64 : **Lower Body Active Stretching Routine Low Impact Workout to Tone and Stretch**

Lesson 65 : **Better Posture Workout Exercises to Improve Posture and Prevent Hunched Shoulders**

Lesson 66 : **No Equipment Upper Body Workout for Great Arms Shoulders and Upper Back**

Lesson 67 : **10 Minute Abs Workout At Home Abs and Obliques Exercises with No Equipment**

Lesson 68 : **Quick Yoga Cool Down and Stretch Cool Down Stretches**

Lesson 69 :
Lake Yoga Workout Fluid Yoga Stretches for Flexibility Toning Stress Relief Cool Down Workout

Lesson 70 :
Total Body Strength Training and Core Workout for Beginners Low Impact Workout at Home

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Lesson 73 :
Stretching Pilates Yoga Workout Blend Relaxing Stretching Routine to Relieve Stress Back Pain

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Lesson 75 :
Restorative Yoga Pilates Workout to Improve Mood and Circulation Relaxing Stretching Workout

Lesson 76 : **Pilates Abs Butt and Thighs Workout Low Impact Pilates Workout with Daniel and Kelli**

Lesson 77 :
Tank Top Arms Workout Best Upper Body Workout for Toned Arms Shoulders Upper Back

Lesson 78 : **20 Minute Total Body Active Static Workout At Home Bodyweight Workout**

Lesson 79 : **Partner Yoga Workout Feel Good Partner Stretches Toning Stretching Workout**

Lesson 80 : **Low Impact Cardio Workout No Jump Belly Fat Burner Interval Workout**

Lesson 81 : **Biceps and Triceps Superset Strength Workout Upper Body Strength Routine**

Lesson 82 : **Day 2 Fitness Blender s 5 Day Workout Challenge to Burn Fat Build Lean Muscle**

Lesson 83 :
Standing Abs and Obliques Workout Without Crunches Intermediate to Advanced Standing Abs Exercises

Lesson 84 :
Low Impact HIIT Cardio Workout The 4 Best Low Impact Cardio Exercises for Fat Loss Toning

Lesson 85 :
Fun 10 Minute Abs and Obliques Workout Quick 10 Minute Abs Workout for A Toned Stomach

Lesson 86 : **Day 2 Free 5 Day Workout Challenge for Busy People Fat Burning Cardio Upper Body**

Lesson 87 : **Day 3 Free 5 Day Workout Challenge for Busy People Fat Burning HIIT Cardio and Abs**

Lesson 88 : **Day 4 Free 5 Day Workout Challenge for Busy People Strength and Yoga Blend**

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Lesson 90 : **Upper Body HIIT Workout The 4 Best Exercises for Strong Toned Arms**

Lesson 91 : **Abs and Obliques Workout The 4 Best Abs and Obliques Exercises**

Lesson 92 : **Quick and Easy Pilates Toning and Flexibility Workout**

Lesson 93 : **Fluid Yoga Stretches for Flexibility and Strength**

Lesson 94 :
Beginner Abs Obliques and Lower Back Workout Stretch and Tone for Core Stability and Back Health

Lesson 95 : **Refresh Relax and Restore Stretching Pilates Yoga Workout for Tight Muscles**

Lesson 96 : **Strong Lean Toned Arms Chest and Shoulders Workout Lift Like you Mean It**

Lesson 97 :
Butt Thigh Pilates Barre Workout Blend Pilates Butt and Thigh Workout for Toning Flexibility

Lesson 98 : **Brutal Low Impact Workout Advanced Functional Strength Balance and Core Workout**

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Lesson 100 : **Brutal Abs Workout Abs Obliques and Lower Back Workout with No Equipment**

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Lesson 102 : **Wake Up Call Cardio Workout Calorie Burning Warm Up Cardio for Energy**

Lesson 103 : **Fun Low Impact Cardio Workout for Beginners Total Body Exercises for Beginners**

Lesson 104 :
Relaxing Stretching Workout for Stiff Muscles Stress Relief Easy Stretches to Do at Work

Lesson 105 : **At Home Cardio Workout to Burn Fat and Tone High Low Impact Modifications**

Lesson 106 : **Total Body Cooldown Compound Movements for a Total Body Stretch**

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Lesson 108 : **10 Minute Fat Burning Total Body Workout Dynamic Strength Training**

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Lesson 112 :
Kelli s Upper Body Workout for People Who Get Bored Easily Arms Shoulders Upper Back

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Lesson 118 :
At Home Abs and Upper Body Workout Bodyweight Only Upper Body and Core Workout

Lesson 119 :
10 Minute No Equipment Upper Body Workout Complete Upper Body Workout Without Weights

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Lesson 122 :
Chill Out Stretching Yoga Workout for Flexibility and Calm Warm Up or Cool Down Workout

Lesson 123 : **Abs Workout for People who get Bored Easily Core and Cardio Workout**

Lesson 124 : **Relaxing Total Body Stretching Workout for Stress Relief and Better Sleep**

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Lesson 126 : **3 Day Flexibility Challenge Day 1 Fluid Full Body Stretches for Flexibility FBreach**

Lesson 127 : **3 Day Flexibility Challenge Day 2 Pilates Yoga Blend for Flexibility and Toning FBreach**

Lesson 128 :
3 Day Flexibility Challenge Day 3 Static Stretches for Flexibility Range of Motion FBreach

Lesson 129 : **All Strength Upper Body Workout Upper Body Muscle Building Workout**

Lesson 130 : **Fun Upper Body Workout for Great Arms Shoulders Bored Easily**

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Lesson 133 : **Jumpstart Cardio Workout 5 Minute Energy Boosting Workout**

Lesson 134 : **10 Minute Abs Workout At Home Pilates Abs Workout for a Healthy Back**

Lesson 135 : **No Equipment 10 Minute Butt and Thigh Workout at Home**

Lesson 136 : **No Equipment Upper Body and Cardio Workout with Warm Up and Cool Down**

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Lesson 141 : **Bodyweight Only Strength and Endurance Challenge Beginner or Advanced Lower Body Workout**

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Lesson 149 : **Glute Activation Workout with Bands Knee Friendly Butt and Thigh Workout**

Lesson 150 : **Pilates Butt and Thigh Workout for Glute Activation Mat Pilates Flow with Ascending Reps**

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Lesson 152 : **Bodyweight Cardio Workout for Fat Burn and Energy Boost Total Body Cardio Interval Workout**

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Lesson 157 : **No Equipment Bodyweight Workout At Home Core Butt and Thighs Workout**

Lesson 158 : **Guided Full Moon Light Bath Meditation**

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Lesson 161 : **Resistance Band Butt and Thigh Workout Lower Body Burnout**

Lesson 162 : **Feel Good Cardio Burst Warm Up Cardio Workout**

Lesson 163 : **Upper Body Warm Up Warm Up Exercises for Upper Body Workouts**

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