Mindluster Platform

About the course Low impact HIIT workouts for beginners

Low impact HIIT workouts course, in this course we will explore a high-energy, low-impact version of High-Intensity Interval Training (HIIT) that helps you burn fat, improve cardiovascular fitness, and build strength without putting excess strain on your joints. This course is perfect for individuals seeking an effective workout that minimizes the risk of injury, making it ideal for beginners, those recovering from injury, or anyone who prefers a joint-friendly routine. Throughout the course, you will learn a range of low-impact exercises such as step touches, modified squats, knee lifts, and controlled lunges. These exercises are designed to elevate your heart rate while reducing impact on the knees, hips, and back. Weâ€™ll focus on alternating between intense work intervals and short recovery periods, which helps maximize fat burning and boost endurance in a safe and sustainable way. The course covers how to perform each exercise with proper form, offering modifications to accommodate all fitness levels. Youâ€™ll also discover how to create varied, full-body workouts that you can perform anywhere, without the need for equipment. By the end of the course, youâ€™ll have a complete low-impact HIIT workout plan that promotes fat loss, improves fitness, and enhances overall well-beingâ€”while being gentle on your joints

Medical Category's Courses

Course Lesson(168)

Lesson 1 : **Lower Body HIIT for Strong Legs Fitness Blender HIIT Man Workout**

Lesson 2 : **Low Impact HIIT Workout by FitnessBlender com**

Lesson 3 : **Mixed Martial Arts HIIT Train like a MMA Fighter**

Lesson 4 : **Plyometric and Cardio HIIT for Legs Fitness Blender HIIT Plyo Workout**

Lesson 5 : **5 Minutes to Slim HIIT Cardio Workout Fitness Blender HIIT Workout for Fat Loss**

Lesson 6 : **Fast HIIT Cardio Workout to Boost Metabolism 5 Minute HIIT Workout Routine**

Lesson 7 : **Sports Endurance Workout Stamina Speed and Agility Workout**

Lesson 8 : **Lower Body Tabata Workout HIIT Workout to Burn Belly Fat Tone Glutes Thighs**

Lesson 9 : **At Home High Intensity Interval Training Cardio HIIT Workout with Fitness Blender**

Lesson 10 : **Kettlebell HIIT Workout Fitness Blender HIIT Kettlebell Training**

Lesson 11 : **Fitness Blender HIIT Pyramid Workout Fun with Numbers Workout**

Lesson 12 : **Abs Obliques Cardio Blend Core Cardio Workout to Lose Belly Fat**

Lesson 13 :
HIIT Workout for Fat Loss FitnessBlender com s At Home HIIT Workout Program for Weight Loss

Lesson 14 :
Fitness Blender Body Firming HIIT Workout for Beginners Beginner HIIT Home Workout Routine

Lesson 15 : **HIIT Workout for Abs and Obliques High Intensity Interval Training Cardio Abs**

Lesson 16 : **HIIT Workout for Endurance and Strength Intense Home Cardio Workout**

Lesson 17 : **HIIT Cardio Workout Tabata High Intensity Interval Training**

Lesson 18 : **Calorie Blasting Cardio Boot Camp Workout Fat Loss Workout at Home**

Lesson 19 : **30 Minute At Home Abs Cardio Workout Fitness Blender Cardio Abs Exercises**

Lesson 20 : **At Home Cardio Workout High Intensity Interval Training Workout by Fitness Blender**

Lesson 21 : **15 Minute Total Body Boot Camp Fitness Blender HIIT Workout**

Lesson 22 : **Can You HIIT like a Girl 22 Minute Cardio HIIT Workout Challenge**

Lesson 23 :
HIIT Fat Blaster with Warm Up Cardio High Intensity Interval Training Workout for Fat Loss

Lesson 24 : **Pyramid HIIT Workout Intense Interval Cardio Challenge**

Lesson 25 : **HIIT Bodyweight Workout Fast No Excuses At Home Cardio Workout**

Lesson 26 : **Brutal HIIT Ladder Workout 20 Minute HIIT Workout at Home**

Lesson 27 : **Kickboxing HIIT Quick Toning Cardio Kickboxing Workout**

Lesson 28 : **Spartan 500 Workout 500 Rep Workout Challenge by Fitness Blender**

Lesson 29 : **Abs and Cardio Workout Bodyweight Interval Cardio and Abs Workout**

Lesson 30 :
Double Ladder Burpee Madness Fast Fat Burning Cardio and Total body Toning Workout

Lesson 31 :
Fitness Blender s Red Light Green Light HIIT Cardio Workout Bodyweight Cardio Workout to Burn Fat

Lesson 32 : **Bodyweight Cardio and Total Body Toning Double Ladder Workout by Fitness Blender**

Lesson 33 : **Speed Training Workout with Bands Resistance Band HIIT for Power and Speed**

Lesson 34 : **Comprehensive Total Body HIIT Cardio and Core Workout**

Lesson 35 : **HIIT Cardio and Abs Workout 30 Minute At Home HIIT Workout with Abs Exercises**

Lesson 36 :
Fitness Blender s 1000 Calorie Workout at Home HIIT Cardio Total Body Strength Training Stretch

Lesson 37 : **When I say Jump HIIT Workout Fun Fitness Blender HIIT Cardio and Toning Routine**

Lesson 38 :
HIIT the Ground Running 33 Min High Intensity Interval Training for Endurance Total Body Toning

Lesson 39 : **Cardio Abs Butt Workout Fitness Blender s Red Light Green Light Workout**

Lesson 40 :
Cardio Kickboxing Workout with Ab Exercises 37 Minute Fat Melting Routine with Fitness Blender

Lesson 41 :
1000 Calorie Workout Video 84 Min HIIT Cardio Total Body Strength Training Abs Fitness Blender

Lesson 42 :
1000 Calorie Workout Video 84 Min HIIT Cardio Total Body Strength Training Abs Fitness Blender

Lesson 43 : **Fitness Blender s When I Say Jump HIIT Cardio Round 2 Fat Burning At Home Cardio**

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Lesson 45 :

Cannon Beach HIIT Cardio Workout Fast High Intensity Interval Training Cardio Routine

Lesson 46 :
45 Minute HIIT Total body Toning Tabata Workout High Intensity Interval Training Workout

Lesson 47 :
60 Minute HIIT Cardio and Abs Workout Fitness Blender Tabata HIIT Abs and Obliques Workout

Lesson 48 :
15 Minute When I Say Jump HIIT Cardio Workout Fun Brutal HIIT Workout Kelli s Revenge

Lesson 49 :
Brutal Kettlebell HIIT Cardio Tabata Workout Get Your HIIT Together FitnessBlender com

Lesson 50 :
Cardio Lower Body Toning 44 Min Better Booty Tabata Workout with Yoga Cool Down Stretch

Lesson 51 : **100 Burpees Workout Challenge Fitness Blender s Burpee Madness 2**

Lesson 52 : **Fast Fat Burning Workout Cardio Kickboxing HIIT Routine with Fitness Blender**

Lesson 53 :
HIIT Like you Mean It Total Body High Intensity Interval Training Workout Fitness Blender

Lesson 54 : **Blenders HIIT Harder Quick Intense Bodyweight HIIT Cardio Workout**

Lesson 55 : **Advanced HIIT Workout Total Body High Intensity Interval Training HIIT Me Again**

Lesson 56 : **Jump Rope Cardio HIIT Workout Jumping Rope Workout**

Lesson 57 : **1000 Calorie Workout Video 88 Min Abs HIIT Cardio Strength Training and Stretching**

Lesson 58 :
No Burpee HIIT Cardio and Abs Workout Fat Burning Bodyweight Cardio without Burpees

Lesson 59 : **HIIT Quick and HIIT Hard Tabata Style High Intensity Interval Training Workout**

Lesson 60 : **Kickboxing and HIIT Workout 38 Minute Fat Burning Interval Cardio Workout at Home**

Lesson 61 : **30 Minute At Home Abs HIIT Cardio Workout for Fat Loss HIIT Happens**

Lesson 62 : **Spartan 500 Workout Round 2 500 Repetition Workout Challenge by Fitness Blender**

Lesson 63 :
Can You HIIT like a Girl Round 2 28 Minute Fat Burning Cardio HIIT Workout Challenge

Lesson 64 : **Berserker HIIT Workout Challenge Crazy Intense Home Workout**

Lesson 65 :
Fat Burning Cardio Workout for Butt and Thighs with Yoga Cool Down 27 Min Interval Cardio Training

Lesson 66 :
1000 Calorie Workout HIIT Cardio Strength Kickboxing and Abs Workout to Burn 1000 Calories

Lesson 67 : **Total Body HIIT Boot Camp Workout Quick Tabata Workout**

Lesson 68 : **FitnessBlender com Preview 100 Free Full Length Workout Videos Online**

Lesson 69 : **Butt and Abs Tabata Workout Fat Blasting Cardio Interval Workout**

Lesson 70 : **Fast Paced High Intensity Workout Descending Ladder of Pain HIIT Workout**

Lesson 71 : **Fat Burning HIIT Pilates Workout 35 Minute Pilates and HIIT Cardio Blend**

Lesson 72 : **HIIT Cardio Kickboxing and Core Workout 33 Minute Cardio and Abs Workout**

Lesson 73 :
Fat Burning HIIT Cardio Workout High Intensity Interval Training with Warm Up Cool Down

Lesson 74 :
Total Body Toning Strength HIIT Cardio Workout Fat Burning Workout to Tone Up Fast You Vs You

Lesson 75 :
42 Minute Brutal HIIT Cardio and Kettlebell Workout Workout to Build Lean Muscle and Burn Fat Fast

Lesson 76 : **Brutal HIIT Ladder Workout Round 2 Advanced Workout to Push Your Limits**

Lesson 77 :
1000 Calorie Workout Video 94 Minute Insane HIIT Bodyweight Workout Attempt at Your Own Risk

Lesson 78 : **Insane HIIT Challenge Bodyweight Only High Intensity Interval Training Workout**

Lesson 79 :
Fun Kickboxing and HIIT Cardio Workout Challenge Bodyweight HIIT Fat Burner w Warm Up Cool Down

Lesson 80 :
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Lesson 81 : **Fat Burning Bodyweight Workout Pyramid HIIT Workout with No Equipment**

Lesson 82 : **Belly Fat Burner HIIT High Intensity Interval Training Workout with No Equipment**

Lesson 83 :
40 Min Cardio HIIT Workout Butt Thighs Abs Ultimate Workout for Belly Fat Loss No Equipment

Lesson 84 : **Day 1 Fitness Blender s 5 Day Workout Challenge to Burn Fat Build Lean Muscle**

Lesson 85 :
Day 3 HIIT Cardio Abs Fitness Blender s 5 Day Workout Challenge to Burn Fat Build Lean Muscle

Lesson 86 :
Day 5 HIIT Cardio Butt Thigh Workout 5 Day Workout Challenge to Burn Fat Build Lean Muscle

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Fitness Blender Blend Bodyweight Only Fat Burning HIIT Cardio Workout Total Body Toning

Lesson 89 : **Butt and Thigh Workout with Fat Burning HIIT Cardio At Home Legs On Fire**

Lesson 90 : **Butt and Thigh HIIT Cardio Workout to Banish Fat Boost Energy**

Lesson 91 : **Day 1 Free 5 Day Workout Challenge for Busy People HIIT Cardio Butt Thighs**

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Lesson 93 : **Day 5 of the Workout Challenge for Busy People HIIT Butt and Thigh Workout**

Lesson 94 : **At Home Cardio and Abs Workout Fat Burning Core and Cardio Intervals**

Lesson 95 : **Brutal Fat Burning Cardio HIIT Dynamic Total Body Strength Training FB Blend**

Lesson 96 : **Intense at Home HIIT Cardio and Abs Workout Abs On Fire**

Lesson 97 :
HIIT Cardio Abs and Yoga Workout Fun Mashup with Beginner Intermediate Advanced Options

Lesson 98 : **High Intensity Cardio Workout Quick and Brutal Bodyweight Training**

Lesson 99 : **HIIT Cardio Sweatfest Butt and Thigh Workout**

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1000 Calorie Workout Video Strength HIIT Cardio and Abs Workout to Burn 1000 Calories

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Lesson 105 : **New Fitness Blender s Booty Boot Camp 4 Week Butt Thigh Program**

Lesson 106 : **52 Minute Intense Fat Burning Cardio Intervals and Butt and Thigh Workout**

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1000 Calorie Workout for 2 Million Subscribers At Home Workout to Burn 1000 Calories

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HIIT Cardio Butt and Thigh Workout Fitness Blender s 5 Day Challenge Strong and Lean Day 5

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1000 Calorie Workout Video At Home HIIT Cardio Strength and Abs Workout to Burn 1000 Calories

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1000 Calorie Workout for 4 Million Subscribers At Home Workout to Burn 1000 Calories

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Fat Burning HIIT Cardio Workout with No Equipment Advanced and Low Impact Modifications

Lesson 138 : **Intense At Home Pyramid HIIT Workout with Warm Up Cool Down**

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Lesson 145 : **Earn your Workout Complete NEW 4 Week FB Burn Round 2 Now Available**

Lesson 146 :
30 Minute HIIT Cardio and Lower Body Strength Workout Muscle Building Fat Burning Home Workout

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Lesson 148 : **20 Minute HIIT Workout with Warm Up and Cool Down At Home HIIT Video**

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Lesson 150 :
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Lesson 152 : **HIIT and Kickboxing Cardio Workout Plus Abs Home HIIT Cardio and Abs Workout**

Lesson 153 :
56 Minute HIIT and Strength Workout Intense Lower Body Strength and HIIT Workout Challenge

Lesson 154 : **At Home HIIT Workout Intense Calorie Burning HIIT Cardio Workout for Busy People**

Lesson 155 : **37 Minute HIIT Cardio and Core Workout Total Body HIIT and Abs Workout**

Lesson 156 :
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Lesson 157 :
1000 Calorie Workout 90 Minute Total Body Strength HIIT Kickboxing Pilates and Core Workout

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Lesson 159 :
40 Minute At Home Butt and Thigh Workout with Glute Activation HIIT Cardio and Strength Workout

Lesson 160 : **Kettlebell Lower Body HIIT for Strength and Power**

Lesson 161 : **Quick Bored Easily Bodyweight HIIT with Athletic Drills**

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Lesson 164 : **23 Minute Cardio Strength and Core Combo Quick Paced Total Body Combo Workout**

Lesson 165 : **Lower Body Strength With HIIT Finisher Weights with Cardio EMOMs**

Lesson 166 : **Bored Easily HIIT Athletic Drills and Speed**

Lesson 167 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 168 : **Lower Body HIIT and Strength Circuits With Tabata Glute and Core Finisher**

Related courses

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