Mindluster Platform

About the course Low Impact HIIT cardio workout at home

Low Impact HIIT cardio workout course, in this course youâ€™ll explore an effective, joint-friendly workout approach that combines the benefits of high-intensity interval training (HIIT) without placing strain on the joints. Perfect for all fitness levels, especially beginners or those seeking a low-impact option, this course teaches how to maximize calorie burn, endurance, and cardiovascular health through modified, high-intensity movements. Each lesson breaks down exercises like squats, lunges, punches, and controlled core movements, all designed to increase your heart rate and burn fat while avoiding high-impact moves like jumping. Youâ€™ll learn proper form and timing to ensure effectiveness and safety, plus how to adjust intensity levels to match your progress. This course also includes guidance on warm-ups, cooldowns, and stretching to prevent injury and enhance flexibility. Whether you're recovering from injury, new to fitness, or looking for a sustainable routine, this program delivers a challenging, full-body workout experience that builds strength, stamina, and confidence without impact-related risks.

Medical Category's Courses

Course Lesson(17)

Lesson 1 : **FREE 14 Day Challenge Home Workout Plan 2 Weeks of Daily Workouts**

Lesson 2 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 3 : **20 Minute Resistance Band Workout LEGS CARDIO CORE Mini Band Workout**

Lesson 4 : **10 Minute GLUTE ACTIVATION Warm Up Do These 10 Banded Glute Exercises Before Leg Day**

Lesson 5 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 6 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 7 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 8 : **45 Minute FULL BODY Dumbbell Strength Training Intense Pyramid Workout**

Lesson 9 : **30 Minute Full Body Dumbbell Strength Workout For Women**

Lesson 10 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 11 : **40 Minute Booty Building Butt Workout**

Lesson 12 : **Barre Fitness 30 Minute Power Barre Workout**

Lesson 13 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 14 : **15 Minute Low Impact HIIT Cardio Workout No Jumping Prenatal Cardio Workout**

Lesson 15 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 16 : **20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells**

Lesson 17 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Related courses

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