

# LOW-IMPACT AEROBICS

**5-10 MINUTE CIRCUIT  
NO EQUIPMENT REQUIRED**

REMEMBER TO STRETCH FIRST TO REDUCE THE RISK OF INJURY!

DO YOUR BEST AND STOP IF IT'S PAINFUL.

## 1 12 STANDING CRUNCHES

- Exhale on the crunch, twist torso slightly as you bring your elbow to the opposite knee
- Advanced: Bicycle crunches on the ground



## 12 REVERSE LUNGES TO KNEE DRIVE

- Keep knee over ankle, use force to drive knee up
- Modification: Toe touch back to knee drive
- Advanced: Add a jump with the knee drive



2

## 3 10 SQUAT TO 2 JABS

- Sit back into squat with feet and knees facing forward
- Squeeze leg and glute muscles to stand up and twist torso to jab
- Modification: Sit down on chair and stand up to jab



## 12 DEADBUGS

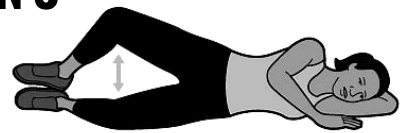
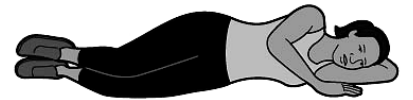
- With abdominals contracted, raise legs with knees at a 90 degree angle
- Lower down one arm and opposite leg then return to starting position
- Modification: Keep feet planted on ground



4

## 5 20 SIDE-LYING HIP ABDUCTIONS

- Lay on side with hips stacked and knees bent
- With abdominals contracted, keep feet together as you raise one knee
- Modification: Perform sitting on chair



5

## REST, HYDRATE + REPEAT

- Rest 1-2 minutes
- Drink water
- Repeat the circuit again for a full 10 minute workout



6

## BENEFITS OF AEROBIC EXERCISE

- Lowers blood pressure
- Reduces the risk of heart disease
- Helps to control blood sugar levels
- Strengthens the immune system
- Helps to regulate weight