Low Impact Cardio Workout for Beginners

Cardio with no jumping and no kit, kind to the knees and quiet for the neighbours: one foot always on the floor, three rounds.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Cardio	Beginner	30 min	None

WARM UP

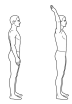
Once through, at an easy pace

Marching In Place



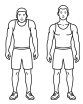
60 s

Arm Circles



30 s

Shoulder Roll

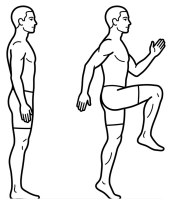


30 s

CIRCUIT

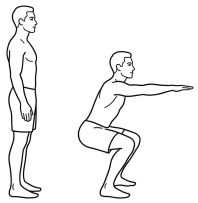
3 rounds, moves in order, 60 s rest between rounds

1 Marching In Place



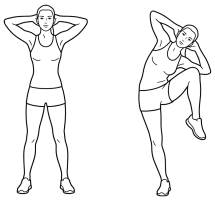
40 s
rest 20 s
Knees high, arms swinging

2 Bodyweight Squat



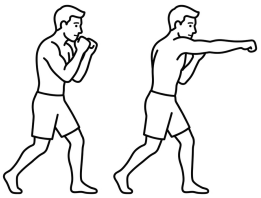
40 s
rest 20 s

3 Standing Oblique Crunch



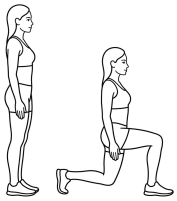
40 s
rest 20 s
Alternate the sides

4 Shadow Boxing



40 s
rest 20 s

5 Reverse Lunge



40 s
rest 20 s
Alternate the legs; a hand on a wall is fine

6 Lateral Shuffle

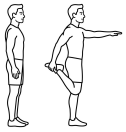


40 s
rest 20 s

COOL DOWN

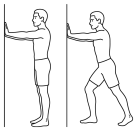
Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Standing Calf Stretch



30 s
each side

Standing Side Bend Stretch



30 s