

fat burning HIIT WORKOUT

Do each exercise for 45 seconds with 15 seconds rest between the exercises.
When you finish take a 60 seconds rest and do another round, 2 rounds total.

GORILLA SQUATS

45 SEC



PLANK HOLD

45 SEC



KNEES TO CHEST

45 SEC



SQUAT SPRAWLS

45 SEC



TRAVELING JUMP SQUATS

45 SEC



MOUNTAIN CLIMBERS CROSS

45 SEC



SEASAW LUNGE (left leg)

45 SEC



V-UP GUMBO

45 SEC



SEASAW LUNGE (right leg)

45 SEC



CRAB KICKS

45 SEC



BEAR CRAWL HOLD

45 SEC



BURPEE SPRAWLS

45 SEC



Fitness Workout Ideas

The Experts at Gold's Gym



Fitness Workout Ideas:

Fitness For Every Body: Inclusive Workout Routines Designed For All Fitness Levels, Ages, And Abilities Brian Smith, Fitness For Every Body Inclusive Workout Routines Designed For All Fitness Levels Ages And Abilities is a comprehensive guide that promotes inclusivity and accessibility in fitness It covers various aspects of fitness including cardiovascular workouts strength training flexibility and mobility nutrition yoga and pilates adapting workouts for physical disabilities mental health workout safety and injury prevention creating a sustainable fitness routine tracking progress community and social fitness and more This book aims to provide readers with the tools and knowledge they need to set realistic fitness goals choose the right workout plan overcome challenges and embrace a healthy and active lifestyle that is suitable for all individuals regardless of their age fitness level or physical abilities

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for various abilities A section is dedicated to creating personalized fitness plans that align with individual goals and physical limitations This comprehensive guide provides readers with the knowledge and tools to personalize their fitness plans track progress and maintain motivation ultimately empowering them to take control of their health through sustainable safe exercise routines

How to Create and Maintain a Personalised Fitness Plan Margaret Light,2025-01-04 How to Create and Maintain a Personalised Fitness Plan is a comprehensive guide designed to help individuals craft a fitness routine that aligns with their goals lifestyle and preferences This book breaks down the key components of effective fitness planning including goal setting workout selection nutrition recovery and motivation Readers will learn how to adapt their fitness plans over time track progress and stay consistent even when life gets busy By focusing on sustainability rather than quick fixes this book empowers individuals to develop a long term fitness strategy that leads to lasting health strength and overall well being

30-Minute Workout Plans for New and Busy Moms Esther,2025-03-21 As a busy mom finding time for fitness can feel impossible Between sleepless nights endless to do lists and taking care of your family carving out time for yourself often takes a backseat But what if you could get stronger boost your energy and feel your best all in just 30 minutes a day 30 Minute Workout Plans for New and Busy Moms is designed to help you reclaim your health without sacrificing precious time These quick effective workouts fit into your hectic schedule whether you re a new mom adjusting to life with a newborn or a working mom juggling responsibilities No expensive gym memberships or fancy equipment just simple efficient routines tailored to your lifestyle In this book you ll discover Time saving workouts that fit into your day even with a newborn or a busy schedule Beginner friendly exercises for all fitness levels including postpartum safe moves Tips for staying motivated and making fitness a sustainable habit Flexible routines that can be done at home at the park or even during nap time Your fitness journey doesn t have to be overwhelming With the right plan you can build strength increase energy and feel amazing in your body all in just 30 minutes a day Let s get started

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