



Low Impact Home Workout

Leg Move

1. Side Tap
2. Heel Dig
3. Leg Curl
4. Knee Lift

Arm Move

1. Bicep Curl
2. Overhead Tricep Extension
3. Upright Row
4. Lat Pulldown

Choose your favourite music tracks, move with music beat
Start with leg moves 16 each move 4 rounds
Add arm movements to legs 16 each move 8 rounds
Finish with leg moves and natural arm movement 16 each move 4 rounds