

Low Impact HIIT Workout for Beginners

WARM UP → HIIT WORKOUT → COOL DOWN

Why warming up is important?

Warming up before exercise prepares your cardiovascular system for physical activity, by **increasing the blood flow** to your muscles, and **raising the temperature of your body**. It also helps to **lower the risk of getting injured** — when your muscles are adequately warmed up, the movements, stretches, and strain you put on them during your workout is less severe. This also **minimizes muscle soreness**.



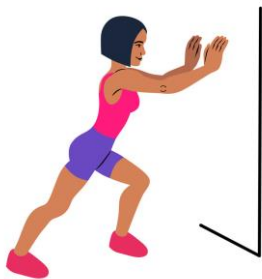
Arm Circles



1. Start with feet hip-width apart.
2. Extend arms sideways at shoulder height.
3. Make slow forward circles of about 30 cm diameter.
4. Do 20-30 circles then reverse direction.

5-MINUTE
WARM UP
STRETCH

Calf Stretch



1. Keep both feet flat on the floor and your back knee straight.
2. Hold for 15 to 30 seconds.
3. Repeat on the other side.

Hip Flexion



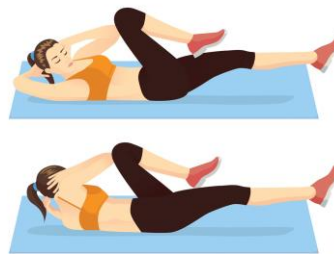
1. Kneel on your right leg and bend your left leg in front of you at a 90 degree angle.
2. Shift your weight forward until you feel a stretch in your hip.
3. Switch legs and repeat the stretch.

Butt Kicks



1. Stand up on the floor, then run in place while kicking your heel up to touch your butt with each step.
2. Try to do it as fast as you can.

Air Bike



1. Lie flat on your back.
2. Raise your opposite arm and leg together (as shown).
3. Repeat side to side until a complete set is finished.



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WARM UP → **HIIT WORKOUT** → COOL DOWN

13-MINUTE
HIIT
WORKOUT

INSTRUCTIONS: Do each exercise for **45 seconds** followed by a **15-second rest**. Repeat entire circuit 2X or 3X, depending on your fitness level. Rest for 2-3 minutes between each set.

Squat Down



Tip: Keep your head up, torso straight, and your core engaged as you squat, sending your hips back and down.

Sit Ups



Tip: Lie on your back and secure your feet. With your hands behind your head, raise your torso; then return to the starting position.

Glute Bridge Pulses



Tip: squeeze the glutes at the top of the movement for the best results. Try not to over extend your back as this could result in injury.

Plank



Tip: Aim to hold the position without letting your hips sag. If you drop your hips you'll put excess pressure on your spine.

Front Kicks



Tip: Lift right leg up, bending knee slightly, and kick right foot forward. Keep ankle flexed and push through your heel. Place the right foot down and switch to the left.

Butt Kicks



Tip: Similar to jogging in place, bring your heels to your butt rapidly, alternating legs for 30 seconds to one minute.

Knee Driver



Tip: Assume press up position and bring alternate knees forward towards your chest.

Front Lunges



Tip: Aim for the top part of your leg to end parallel to the floor when your opposite knee touches the floor.

Lying Leg Raises



Tip: Concentrate on contracting your glutes, maintaining a straight line from your shoulders to your knees.

Side Lunges



Tip: Step one leg out to the side until the trailing leg is straight. Push back with your hamstring to return to an upright position and repeat on the other side.

Side Plank



Tip: Lay on your side and raise your body up with your weight on your forearm. Keep your ankles together with your other hand on your hips for stability.

Plank Jacks



Tip: Start in plank position. Jump your feet out to the sides, making sure that your upper body remains unchanged. Quickly return your feet to the starting position.

Curtsy Lunges



Tip: Lower hips until your thigh is nearly parallel to the floor. Pause at the bottom and then rise up again to complete the rep.



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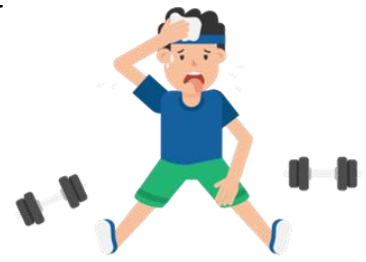


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Cooling Down: After exercise, blood is flowing quickly through your extremities, your core temperature, blood pressure and heart rate are elevated. The purpose of the cool down is to return your heart rate, BP and body temperature back to baseline. Stopping quickly without a cool down may result in lightheadedness. Cooling down after exercise prevents injury, reduces lactic acid buildup, reduces stress to your heart and muscles and promotes relaxation.



5-MINUTE COOL DOWN STRETCH



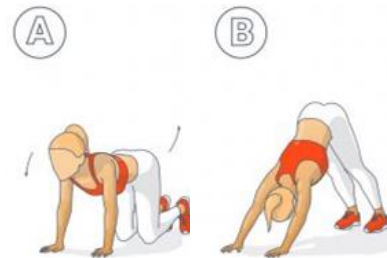
Seated Forward Bend

Sitting down, stretch forward with knees straight and try to touch toes.



One-Legged Forward Bend

Bend 1 knee, other leg straight and bend forward and try to touch toes of straight leg.



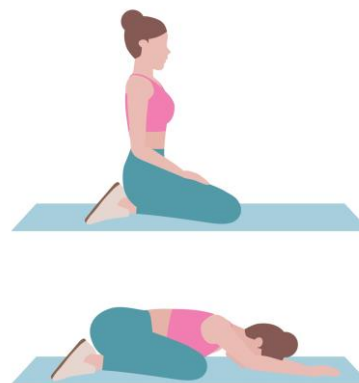
Down Dog

Begin on hands and knees in table top pose. Exhale, straighten knees, and lift hips. Let your head hang down and breathe.



Arm Circles

Extend arms sideways at shoulder height. Do 20-30 circles, then reverse direction.



Child's Pose

Sit back onto your heels and fold forward to bring your forehead to the ground.



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