

Easy to do Midlife HIIT Workout

High-intensity interval training (HIIT) exercises you can pick and mix for each session.

HIIT is the best way to get fit and feel the benefits of exercise at every age. You are never too old to start and research proves the doing 2-3 HIIT workouts burns more calories.

15 Minute Workout

Aim to do each exercise and a short rest for a minute and then move onto the next exercise.

For example workout for between 20-45 seconds, depending on how fit you are, then have a short 15-20 second rest.



Enjoy your workout, remember to listen to your body and not continue any exercise if you feel any discomfort.

If you do this three times per week you will feel and see the benefits.

Simple Home Workout Explained For Workers

E Durkheim



Simple Home Workout Explained For Workers:

School Training for the Home Duties of Women ... Great Britain. Board of Education,1905 **The Vocational Summary** ,1919 **Vocational Summary** ,1919 *The American Legion Monthly* ,1930 **Christian Register and Boston Observer** ,1912 *American Monthly Review of Reviews* Albert Shaw,1930 *Manual Training Magazine* ,1912
Manual Training Magazine Charles Alpheus Bennett,1913 Industrial Home Work in Massachusetts ... Amy Hewes,1915 The New Educator's Library: Training in domestic work ,1922 **Michigan Education Journal** ,1924
Includes section Moderaor topics Northwestern Christian Advocate ,1903 *Analysis of the Inservice Training Needs of Home Demonstration Agents in Texas in Program Planning in Home Economics* Leota L. White,1962 Vocational Education Magazine ,1922 Report District of Columbia. Board of Education,1927 **The Lancet** ,1918 Illinois Journal of Education ,1918 *Friends' Weekly Intelligencer* ,1891 **Popular Mechanics Shop Notes** ,1905 The Survey ,1919

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