

Renewed Vitality

Home exercises for interval and resistance training



Exercises that
will help you be
the strongest
you can be.

**Enhance Your Health with exercises that
suit you .**

Disclaimer:

Before beginning any exercise program, it is strongly recommended that you consult with your healthcare provider to ensure you are physically capable of participating. This is particularly important if you have any pre-existing medical conditions, injuries, or concerns regarding your health.

The information and exercises provided in this program are intended for general fitness purposes and should not be used as a substitute for professional medical advice. If at any point during exercise you experience pain, discomfort, dizziness, or any other unusual symptoms, stop immediately and seek medical attention.

By engaging in this exercise program, you acknowledge and accept the risks associated with physical activity and agree to take full responsibility for your health and well-being.

These exercises below suit all levels of fitness and age.

Chair Cardio for Low Impact Weight Loss

by [Mighty Health](#) click on the link

This is a Youtube 21 minutes long

Get your heart rate up and break a sweat with this low impact aerobic workout you can do while seated! Chair cardio is great for heart health and will leave you feeling energized and strong!

Lose Weight Workout 🔥 7 Minute Workout 🔥 All Standing & Low Impact

by Lucy Wyndham-Read

This is a Youtube 7.52 minutes long

This low-impact workout is perfect for anyone looking to shed pounds, especially those who want an easy and fun weight-loss routine that's gentle on the joints. Designed for all fitness levels, this standing workout helps you burn calories, improve health, and tone your body—all without leaving home or needing any equipment.

Best Resistance Band Exercises for Strength (for 50+)

by [Will Harlow- over Fifties Speicalist physio](#)

This is a YouTube 12.12 minutes long

This is a resistance training targeting all area of the body.