

November

THE MONTHLY MOVE



No equipment needed for this FULL BODY At Home Beginner Cardio Workout! This is a great workout for beginners, and a low impact way to get your heart rate up for ALL fitness levels.

Follow along as I coach you through each move in this tabata-style workout!
This Beginner Cardio Workout:

- ✓ Builds total body strength using just your bodyweight
- ✓ Raises your heart rate with NO equipment and NO jumping
 - ✓ Is joint-friendly, won't hurt your back or knees
- ✓ Accommodates all seasons of life -- from beginners to pregnancy and postpartum
- ✓ Quiet workout, great for working out in an apartment or near a sleeping baby