

Total Toning

Instructor: Julie

This is a great choice for women who want to get into shape.

The workout targets everything from cardio endurance to upper and lower body strength. The fact that it requires no equipment and stays low-impact will appeal to women who want to get back to exercise without a fuss.

- **This straightforward routine targets endurance and strength with low-impact exercises**
- **You don't need any equipment and can do this workout anywhere**
- **The workout is challenging but easy on the joints with a focus on building endurance**

