

HOMERECED

a navigational guide to everyday recreation

Presented by the Golden Valley Parks & Recreation Department

LOW IMPACT EXERCISES

Skaters

- Start in a curtsy lunge position with both legs bent with your right leg behind and across your body. Your left arm should be straight down and right arm bent comfortably up at your side for balance.
- Pushing off the left leg, begin to stand by bringing the right leg forward and swinging your left leg back and across, switching arms as you go. Work quickly, but to maintain the low-impact approach, don't jump.

Standing Oblique Crunch

- Start by standing with your feet shoulder-width apart and your arms bent. Put your hands on the back of your head and elbows flared out to the side.
- To begin the movement, bend to your right side, bringing your elbow down as you simultaneously bring your right knee up to touch.
- Return to your starting position. Repeat the same steps on the left side.

Reverse Lunge Front Kick

- Stand with feet shoulder-width apart with your arms bent and held up to your sides at chest level.
- To begin, kick your right leg out straight in front of you, and on the way down, step back into a reverse lunge.
- Stand up and proceed right into another kick, then another reverse lunge.

www.healthline.com/health/fitness-exercise/low-impact-cardio

Follow us on Facebook and Twitter for more activities and to share your own. All activities are saved online at goldenvalleymn.gov/recreation/homereced.php.

