

# High-Impact Ideas for Low-Impact Training

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## Session Purpose

This workshop teaches fitness professionals how to create engaging low-impact workouts that are energizing, safe, and functional.

## Key Concepts

Low impact training focuses on reducing joint stress while maintaining intensity and effectiveness.

## Benefits of Low Impact Training

Joint protection, long-term participation, accessibility for multiple populations.

## Movement Pillars

Mobility, strength, cardio, balance, cognitive training.

## Functional Movement Patterns

Squat, push, pull, rotate, carry.

## Programming Formula

Warm up, mobility, strength, cardio, balance, cool down.

## Sample Class Structure

Dynamic warm-up, functional circuit, cardio pattern, balance training, mobility cool-down.

## Dual Task Training

Combine physical movement with cognitive challenges to improve brain health and coordination.

## **Exercise Ideas**

Chair squats, step touch cardio, diagonal reaches, band rows, balance taps.

## **Activity Ideas**

Rhythm marching, color response drills, freeze dance fitness, and mirror partner drills.

## **Coaching Strategies**

Use encouraging language, celebrate small wins, and maintain high energy.

## **Key Takeaways**

Low impact can still be high intensity. Creativity and music increase engagement.