

Low-Impact HIIT Workout Planner for Belly Fat

This planner is designed for women ages 25-60 who want to trim their waist, burn belly fat, and strengthen their core without stressing their joints. Follow the plan 3-4 times a week for best results.

Exercise	Duration	Target Area	Benefits
Marching High Knees	40 sec on, 20 sec rest	Core, Cardio	Boosts heart rate
Seated Bicycle Crunches	40 sec on, 20 sec rest	Obliques, Abs	Tones waist
Standing Side Crunches	40 sec on, 20 sec rest	Obliques	Sculpts sides
Modified Mountain Climbers	40 sec on, 20 sec rest	Full Core	Burns belly fat
Resistance Band Pull-Downs	40 sec on, 20 sec rest	Abs, Cardio	Strengthens core

Total Time: 20-25 minutes (3 rounds)

Weekly Frequency: 3-4 sessions

Tips for Success:

- Warm up for 5 minutes before starting.
- Stay hydrated during and after workouts.
- Pair with a balanced diet for maximum results.
- Take 1-2 rest days each week for recovery.