



**LUMA**

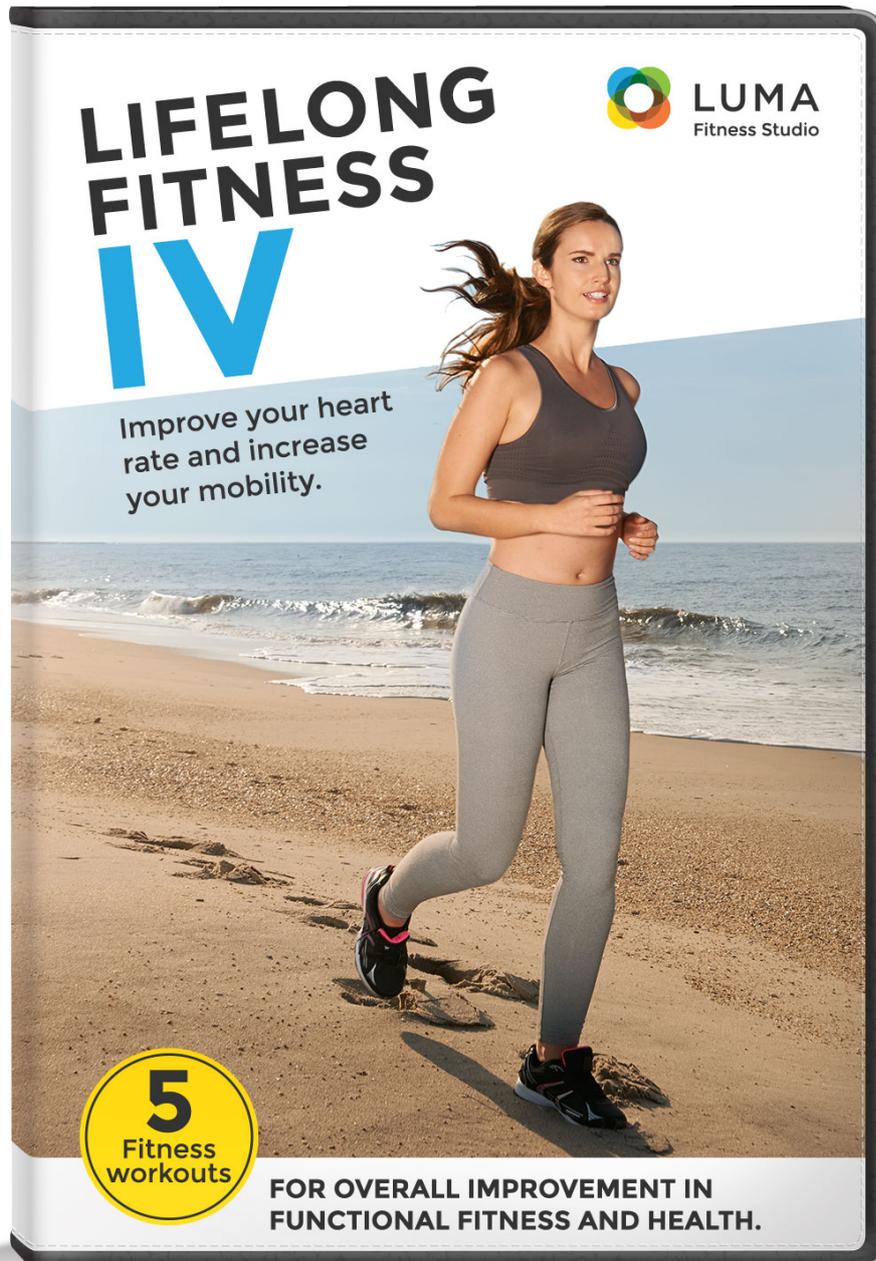
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## LifeLong Fitness IV

\$14.00



## Description

Luma LifeLong Fitness Series is a world recognized, evidence based exercise program designed specifically for individuals focused on staying active their whole lives. If followed regularly, participants will see improved heart

rate and blood pressure, increased mobility, reduced joint pain and overall improvement in functional fitness and health.

- 10 minute warm up.
- 30 minutes of mild aerobics.
- 20 minutes of strength, stretch and balance.
- Extensive modifications for varying fitness levels.

## Additional Information

<b>Format</b>	Download
<b>Activity</b>	Outdoor, Gym, Athletic, Sports