Mindluster Platform

About the course Benefits of Plank Exercises on Bones Health

Benefits of Plank Exercises course, in this course we will explore the multitude of benefits associated with plank exercises. From core strengthening and improving posture to enhancing total body engagement and boosting balance, we'll delve into how plank variations can promote muscle tone, stability, and functional fitness. Additionally, we'll discuss mental benefits such as stress reduction and focus enhancement, as well as their role in injury prevention and rehabilitation. Whether you're a fitness enthusiast or a beginner, this course offers valuable insights into incorporating plank exercises into your routine for overall health and well-being.

Medical Category's Courses

Course Lesson(3)

Lesson 1 : **Does Keto Cause Bone Loss**

Lesson 2 : **The Benefits of Plank Exercises**

Lesson 3 : **The Missing Mineral in Strong Bones**

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