Mindluster Platform

About the course Total Body Plank Workout

Total Body Plank Workout course, in this course discover the power of plank exercises for a full-body workout. Learn various plank variations targeting different muscle groups, including core, arms, legs, and shoulders. Whether you're a beginner or advanced fitness enthusiast, this course offers valuable insights to help you build strength, stability, and endurance using plank exercises. Join us to unlock the secrets of a total body plank workout and achieve your fitness goals.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **8 Minutes Of Planks For Rock Solid Abs TOUGH Core Workout**

Lesson 2 : **INTENSE Total Plank Workout 8 minutes for toned abs and a strong core**

Lesson 3 : **Total Plank Challenge 10 Minute Plank Core Workout**

Lesson 4 : **12 Minute Plank Core Workout For Toned Abs And A Tight Core**

Lesson 5 : **7 Minute Dynamic PLANK Workout No Equipment**

Lesson 6 : **Total Body Plank Workout 6 Minutes of Terror Best Ab Routine**

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