Mindluster Platform

About the course Planks with knee bend exercises

Planks with knee bend course, in this course we will learn about the Planks with knee bend exercise, a variation of the traditional plank that targets core strength and stability. Through guided instructions and demonstrations, you'll understand the correct posture and movement to effectively engage your abdominal, back, and glute muscles while performing knee bends in the plank position. Mastering this exercise can enhance overall core strength, improve balance, and contribute to a more stable body. Join us to unlock the benefits of Planks with knee bend and elevate your fitness routine.

Medical Category's Courses

Course Lesson(37)

Lesson 1 : **Side Planks Ask Doctor Jo**

Lesson 2 : **Trunk Rotation Exercise Ask Doctor Jo**

Lesson 3 : **Double Knee to Chest Ask Doctor Jo**

Lesson 4 : **Prone Press Ups Ask Doctor Jo**

Lesson 5 : **Prayer Stretch Child s Pose Ask Doctor Jo**

Lesson 6 : **Quadruped Opposite Arm Leg Extension Ask Doctor Jo**

Lesson 7 : **Got Upper Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 8 : **Seated Trunk Rotation Ask Doctor Jo**

Lesson 9 : **Single Knee to Chest Ask Doctor Jo**

Lesson 10 : **Got Low Back Pain Try This Exercise for INSTANT Pain Relief**

Lesson 11 : **Got Low Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 12 : **Rhomboid Stretch Across Arm Ask Doctor Jo**

Lesson 13 : **Trunk Rotation Stretch Ask Doctor Jo**

Lesson 14 : **Prone Same Side Arm Leg Lift for Core Back Strengthening Ask Doctor Jo**

Lesson 15 : **Easy Upper Back Pain Relief Exercise Real time Routine**

Lesson 16 : **Planks with Leg Lift Ask Doctor Jo**

Lesson 17 : **Standing Trunk Extension Ask Doctor Jo**

Lesson 18 : **Curl Up Phase 2 Ask Doctor Jo**

Lesson 19 : **Rhomboid Stretch in Long Sitting Ask Doctor Jo**

Lesson 20 : **Prone Swimmer Ask Doctor Jo**

Lesson 21 : **Prone Superman Ask Doctor Jo**

Lesson 22 : **Cat Stretch Ask Doctor Jo**

Lesson 23 : **Diagonal Curl Up Ask Doctor Jo**

Lesson 24 : **Seated Thoracic Extension Ask Doctor Jo**

Lesson 25 : **Prone Props Ask Doctor Jo**

Lesson 26 : **Planks Ask Doctor Jo**

Lesson 27 : **Upper Body Extension Ask Doctor Jo**

Lesson 28 : **Planks with Knee Bend Ask Doctor Jo**

Lesson 29 : **Cow Dog Stretch Ask Doctor Jo**

Lesson 30 : **Rhomboid Stretch in Quadruped Ask Doctor Jo**

Lesson 31 : **Bridging Ask Doctor Jo**

Lesson 32 : **Curl Up Phase 1 Ask Doctor Jo**

Lesson 33 : **Prayer Stretch Side to Side Ask Doctor Jo**

Lesson 34 : **Trunk Stability Arm Leg Lift Ask Doctor Jo**

Lesson 35 : **Reverse Core Bicycle Ask Doctor Jo**

Lesson 36 : **Reverse Core Leg Lift Ask Doctor Jo**

Lesson 37 : **Curl Up Phase 3 Ask Doctor Jo**

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