Mindluster Platform

About the course Bodyweight workout for beginners

Bodyweight workout course, in this course we will explore the fundamentals and advanced techniques of bodyweight workouts, designed to strengthen and tone your body without the need for any equipment. You'll learn how to use your body as resistance to build muscle, increase endurance, and improve overall fitness. The course covers various exercises that target different muscle groups, including core, upper body, lower body, and full-body movements. Whether you're a beginner or more advanced, this program offers scalable routines to match your fitness level, focusing on form, technique, and progression. Dive into a comprehensive approach to fitness that can be done anywhere!

Medical Category's Courses

Course Lesson(21)

Lesson 1 :
Prevent Aches and Pains Full Body MOBILITY Routine from a DPT 11min No Equipment Low Intensity

Lesson 2 :
30 Minute Full Body Endurance Cardio Workout at Home All Standing Bodyweight AMRAPs

Lesson 3 : **Dynamic Cardio Core Walking Workout All Standing with No Equipment**

Lesson 4 :
Bodyweight Cardio Endurance Pairs Long Intervals with Short Rests with BLOOPERS at the end

Lesson 5 :
2 Week Challenge Day 12 Core Workout with Active Recovery Stretches Targeted Bodyweight Circuits

Lesson 6 :
2 Week Challenge Day 11 Lower Body Strength Cardio Intervals Bored Easily Bodyweight Only

Lesson 7 :
2 Week Challenge Day 9 Total Body Mobility Workout for Active Rest Days Mobility and Stretching

Lesson 8 :
2 Week Challenge Day 3 Low Impact Cardio Workout with Mobility Exercises Active Recovery Circuits

Lesson 9 :
30 Minute Bodyweight Core Workout Strength Building Intervals to Prevent Low Back Pain

Lesson 10 :
All Standing Total Body Tabata Cardio Bodyweight Exercises to Boost Your Energy and Mood

Lesson 11 :
Full Body Mobility for Healthy Movement Bored Easily Format with Easy to follow Intervals

Lesson 12 : **Energizing Upper Body Yoga Flow Cultivate Strength and Flexibility**

Lesson 13 : **Gentle Yoga Extended Desk Break Flow Lengthen Muscles for Realigned Posture**

Lesson 14 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 15 : **15 Minute Bored Easily Core Workout Bodyweight Add On or Finisher**

Lesson 16 : **Fitness BlenderÂ 5 Day Challenge Day 6 Active Recovery for Mindful Strength Building**

Lesson 17 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 18 : **Restorative Bodyweight Workout Low Impact Exercises for Sore Muscles**

Lesson 19 : **Bodyweight Strength with HIIT Burnout Sets Total Body Workout in 30 Minutes**

Lesson 20 : **Descending Intervals Bodyweight HIIT Circuits**

Lesson 21 : **Quick Lower Body Focused Bodyweight HIIT Circuits**

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