Mindluster Platform

About the course Bodyweight cardio interval kickboxing workout

Bodyweight cardio interval kickboxing course, in this course you'll explore an exciting blend of cardio and strength training techniques. The course focuses on combining bodyweight exercises with kickboxing moves, offering an intense full-body workout that improves endurance, strength, and flexibility. Each session includes interval training, pushing your limits and helping you burn calories effectively. You'll learn proper form for punches, kicks, and footwork while engaging your core, legs, and upper body. Whether you're a beginner or looking to take your fitness to the next level, this course is designed to enhance your cardiovascular health and increase agility.

Medical Category's Courses

Course Lesson(18)

Lesson 1 :
30 Minute Full Body Endurance Cardio Workout at Home All Standing Bodyweight AMRAPs

Lesson 2 : **Dynamic Cardio Core Walking Workout All Standing with No Equipment**

Lesson 3 :
Bodyweight Cardio Endurance Pairs Long Intervals with Short Rests with BLOOPERS at the end

Lesson 4 : **3 Round Whole Body Burn Strength Intervals with a Cardio Bookend**

Lesson 5 :
2 Week Challenge Day 11 Lower Body Strength Cardio Intervals Bored Easily Bodyweight Only

Lesson 6 :
2 Week Challenge Day 3 Low Impact Cardio Workout with Mobility Exercises Active Recovery Circuits

Lesson 7 : **2 Week Challenge Day 1 Lower Body Strength with HIIT Cardio with Low Impact Mods**

Lesson 8 : **Total Body Strength and Cardio Workout 30 Min No Repeats**

Lesson 9 :
All Standing Total Body Tabata Cardio Bodyweight Exercises to Boost Your Energy and Mood

Lesson 10 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 11 : **Full Body Strength and Cardio Workout Supersets with Low and High Impact Options**

Lesson 12 :
Seated Lower Body Strength and Cardio Routine Chair Workout for Quads Hamstrings and Core

Lesson 13 : **Lower Body Strength With HIIT Finisher Weights with Cardio EMOMs**

Lesson 14 : **Bored Easily Low Impact Cardio Core**

Lesson 15 : **Upper Body Strength Supersets with Cardio Interval Burnouts**

Lesson 16 : **No Equipment Upper Body Strength Descending Ladder with Cardio Intervals**

Lesson 17 : **Quick Bored Easily Bodyweight HIIT with Athletic Drills**

Lesson 18 : **Bodyweight Cardio Interval Kickboxing**

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