Mindluster Platform

# About the course Upper body core strength workout

Upper body core strength course, in this course we will focus on building upper body strength while simultaneously strengthening the core. Youâ€™ll learn a variety of exercises that target key muscle groups such as the chest, shoulders, back, arms, and core muscles, creating a balanced and powerful workout. The course will guide you through push-ups, planks, shoulder presses, and other upper body exercises while integrating core-focused movements like leg raises and twists to enhance stability and improve posture. Suitable for all fitness levels, this program emphasizes proper form, technique, and progression to ensure you safely develop strength and endurance. With no equipment needed, this workout can be performed anywhere, helping you tone and sculpt your upper body while building a rock-solid core, improving both strength and balance.

**Medical Category's Courses**

# Course Lesson(16)

Lesson 1 : **Dynamic Cardio Core Walking Workout All Standing with No Equipment**

Lesson 2 :
**Core and Lower Body Pilates Mat Exercises for Strength and Stability Day 1 of a 5 Day Challenge**

Lesson 3 :
**2 Week Challenge Day 12 Core Workout with Active Recovery Stretches Targeted Bodyweight Circuits**

Lesson 4 : **2 Week Challenge Day 5 Pilates Core Workout Build Core Strength and Stability**

Lesson 5 :
**2 Week Challenge Day 2 Upper Body Strength and Core Workout Includes Modifications Progressions**

Lesson 6 :
**30 Minute Bodyweight Core Workout Strength Building Intervals to Prevent Low Back Pain**

Lesson 7 : **Core Focused Vinyasa Yoga All Levels Flow For Deep Core Strength and Stability**

Lesson 8 : **Lower Body HIIT and Strength Circuits With Tabata Glute and Core Finisher**

Lesson 9 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 10 : **15 Minute Bored Easily Core Workout Bodyweight Add On or Finisher**

Lesson 11 : **Quick Core Strength Circuits with Dynamic and Isometric Exercises**

Lesson 12 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 13 : **No Equipment Upper Body Strength Descending Ladder with Cardio Intervals**

Lesson 14 : **Lower Body Pilates with Resistance Band**

Lesson 15 : **Pre and Postnatal Glutes Core and Pelvic Floor Workout**

Lesson 16 : **Weighted Upper Body Strength Circuits with Bodyweight Intermissions**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

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