Mindluster Platform

About the course Lower body strength workout at home

Lower body strength workout course, in this course we will focus on building strength and endurance in the lower body, targeting key muscle groups such as the glutes, quadriceps, hamstrings, and calves. You will learn a variety of exercises, including squats, lunges, deadlifts, and step-ups, all designed to increase muscle mass, improve balance, and enhance lower body stability. The course emphasizes proper form and technique to ensure safety while maximizing the effectiveness of each workout. Whether youâ€™re a beginner or more advanced, the course offers progressive routines to suit your fitness level and help you reach your strength goals. Throughout the course, we will focus on improving functional movement and building strength that supports everyday activities like walking, running, and climbing stairs. By the end, youâ€™ll have developed stronger, more toned legs and a more powerful lower body, boosting both your fitness and confidence.

Medical Category's Courses

Course Lesson(10)

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

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

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

Lesson 4 :
2 Week Challenge Day 4 Total Body Strength Workout No Repeats Lower Body Upper Body and Core

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

Lesson 6 :
2 Week Challenge Day 8 Lower Body Strength Workout Strength Training with HIIT Bursts

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

Lesson 8 :
2 Week Challenge Day 10 Upper Body Strength Workout Elevate Your Upper Body Strength

Lesson 9 :
2 Week Challenge Day 11 Lower Body Strength Cardio Intervals Bored Easily Bodyweight Only

Lesson 10 :
2 Week Challenge Day 12 Core Workout with Active Recovery Stretches Targeted Bodyweight Circuits

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com