Mindluster Platform

About the course Restorative bodyweight workout at home

Restorative bodyweight workout course, in this course we will explore a gentle, restorative approach to bodyweight workouts, designed to help you recover, improve flexibility, and release tension in the lower body. You will learn a series of low-impact exercises that focus on stretching, mobility, and controlled movements, targeting the muscles in the hips, thighs, calves, and glutes. This course is perfect for anyone looking to enhance their range of motion, improve circulation, and promote muscle recovery without the need for equipment. The course will guide you through a variety of slow, deliberate movements such as bodyweight squats, lunges, and stretches, helping to restore balance and strength in the lower body. Weâ€™ll also emphasize breathing techniques and mindful movement to reduce stress and increase relaxation. By the end of the course, youâ€™ll feel rejuvenated, with improved flexibility, reduced muscle soreness, and a stronger connection between your body and mind. This program is suitable for all fitness levels.

Medical Category's Courses

Course Lesson(3)

Lesson 1 : **Restorative Bodyweight Workout Low Impact Exercises for Sore Muscles**

Lesson 2 : **Total Body Morning Yoga Flow for Tight Hips New Creator Alert Meet Aly**

Lesson 3 : **Energizing Upper Body Yoga Flow Cultivate Strength and Flexibility**

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