Mindluster Platform

About the course Lower body strength supersets with weights

Lower body strength supersets course, in this course we will focus on building strength in the lower body using supersets, a technique where two exercises are performed back-to-back without rest. You will learn how to target key lower body muscle groups, including the glutes, quadriceps, hamstrings, and calves, through effective supersets that maximize muscle engagement and efficiency. The course will guide you through exercises like squats, lunges, deadlifts, and step-ups, incorporating weights to intensify the workout and enhance muscle growth. Weâ€™ll also emphasize proper form and technique to prevent injury and ensure you get the most out of each exercise. Whether youâ€™re looking to build muscle, increase endurance, or simply improve your overall lower body strength, this course provides progressive routines that cater to all fitness levels. By the end of the course, you will have a stronger, more toned lower body, improved functional strength, and better performance in both workouts and everyday activities.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **No Equipment Upper Body Strength Descending Ladder with Cardio Intervals**

Lesson 2 : **Mat Stretches for Stiff Hips Led by a Doctor of Physical Therapy**

Lesson 3 : **Lower Body Strength With HIIT Finisher Weights with Cardio EMOMs**

Lesson 4 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 5 : **Lower Body Pure Strength Supersets With Weights and Bodyweight Exercises**

Lesson 6 :
Full Body Mobility for Healthy Movement Bored Easily Format with Easy to follow Intervals

Lesson 7 :
30 Minute Bodyweight Core Workout Strength Building Intervals to Prevent Low Back Pain

Lesson 8 :
2 Week Challenge Day 9 Total Body Mobility Workout for Active Rest Days Mobility and Stretching

Lesson 9 :
Prevent Aches and Pains Full Body MOBILITY Routine from a DPT 11min No Equipment Low Intensity

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



for Business Contact
business@mindluster.com