Mindluster Platform

About the course Restorative bodyweight workouts at home

Restorative bodyweight workouts course, in this course we will explore the art of restorative bodyweight workouts, a gentle yet effective approach to improving flexibility, mobility, and recovery. This course is perfect for those seeking low-impact exercises that focus on healing the body, reducing stress, and enhancing overall well-being. By using just your bodyweight, youâ€™ll engage in movements designed to relieve muscle tension, improve circulation, and support recovery from physical or mental stress. Throughout the course, we will guide you through sequences that emphasize slow, controlled movements aimed at restoring balance and flexibility. These exercises are ideal for anyone looking to maintain or regain functional strength without placing undue strain on the joints. Youâ€™ll learn how to perform bodyweight exercises like gentle squats, lunges, and stretching routines that promote relaxation while building core stability and mobility. Each session will focus on a different aspect of restorative fitness, whether it's stretching out tight muscles, improving joint mobility, or simply winding down after a long day. The exercises are designed for all fitness levels, making them accessible whether you're recovering from an injury or just want to incorporate a soothing routine into your day. By the end of the Restorative Bodyweight Workouts Course, youâ€™ll have a complete set of exercises that you can do anywhere, without the need for equipment, to keep your body feeling refreshed and revitalized. Join us and discover how restorative bodyweight workouts can become an essential part of your wellness routine!

Medical Category's Courses

Course Lesson(12)

Lesson 1 : **Upper Body Strength Supersets with Cardio Interval Burnouts**

Lesson 2 : **Bodyweight Strength with HIIT Burnout Sets Total Body Workout in 30 Minutes**

Lesson 3 : **Kettlebell Lower Body HIIT for Strength and Power**

Lesson 4 : **Pre and Postnatal Glutes Core and Pelvic Floor Workout**

Lesson 5 : **Restorative Bodyweight Workout Low Impact Exercises for Sore Muscles**

Lesson 6 : **Full Body Strength and Cardio Workout Supersets with Low and High Impact Options**

Lesson 7 : **Lower Body HIIT and Strength Circuits With Tabata Glute and Core Finisher**

Lesson 8 : **Total Body AMRAP Strength Circuits with Core Intermissions**

Lesson 9 :
2 Week Challenge Day 3 Low Impact Cardio Workout with Mobility Exercises Active Recovery Circuits

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

Lesson 11 :
30 Minute Full Body Endurance Cardio Workout at Home All Standing Bodyweight AMRAPs

Lesson 12 :
Increase Leg Strength Test Core Stability w this At Home Dumbbell Workout Spicy Glute Finisher

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com