Mindluster Platform

About the course Lower body workouts with dumbbells

Lower body workouts course, in this course we will explore a comprehensive set of Lower Body Workouts designed to strengthen and tone the muscles in your legs, glutes, hips, and calves. These exercises will target the major muscle groups of the lower body, including the quadriceps, hamstrings, glutes, and calves, helping you build strength, improve mobility, and enhance balance. Whether you're a beginner or an experienced fitness enthusiast, this course will provide modifications and variations to suit all fitness levels. Throughout the course, you will learn a variety of exercises such as squats, lunges, deadlifts, and leg lifts, focusing on proper form and technique to ensure maximum effectiveness and injury prevention. We'll guide you through progressive routines that can be done both at home and in the gym, with or without weights. Youâ€™ll discover how to engage the right muscles for optimal performance, whether your goal is strength, endurance, or toning. By the end of the Lower Body Workouts Course, youâ€™ll have a complete workout routine to target your lower body effectively. You will gain improved strength, endurance, and definition in your legs and glutes, along with better posture and enhanced functional fitness. Join us to unlock your lower bodyâ€™s full potential and experience the benefits of a well-rounded lower body workout routine

Medical Category's Courses

Course Lesson(22)

Lesson 1 :
Lower Body Workout At Home with Dumbbells Build Strength Power EMOM Supersets Burnouts 41min

Lesson 2 :
At Home HIIT Dumbbell Workout in Under 30 Minutes Full Body Core Finisher Strength Circuits

Lesson 3 :
Decreasing Intervals Lower Body Strength Circuits Day 1 Build w Tasha 10 Day Challenge w BLOOPERS

Lesson 4 :
Bodyweight Cardio Endurance Pairs Long Intervals with Short Rests with BLOOPERS at the end

Lesson 5 :
2 Week Challenge Day 8 Lower Body Strength Workout Strength Training with HIIT Bursts

Lesson 6 :
2 Week Challenge Day 2 Upper Body Strength and Core Workout Includes Modifications Progressions

Lesson 7 : **No Cardio Upper Body Strength Supersets Within Circuits**

Lesson 8 : **Bored Easily HIIT Athletic Drills and Speed**

Lesson 9 :
No Equipment Total Body Strength Circuit Moderate Intensity Workout With Core Finisher

Lesson 10 : **Weighted Upper Body Strength Circuits with Bodyweight Intermissions**

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

Lesson 12 : **Fitness BlenderÂ 5 Day Challenge Day 2 Upper Body Supersets with Cardio Bursts**

Lesson 13 : **Quick Bodyweight HIIT with Active Recovery Intervals**

Lesson 14 : **Descending Intervals Bodyweight HIIT Circuits**

Lesson 15 : **Lower and Upper Body Mini Strength Complexes with Add On Style Core Finisher**

Lesson 16 : **Quick Bored Easily Bodyweight HIIT with Athletic Drills**

Lesson 17 : **Strictly Strength Upper Body Circuits**

Lesson 18 : **Bodyweight Total Body Strength Circuits with Balance Work**

Lesson 19 : **40 Minute Total Body Strength Workout with Core Burnout**

Lesson 20 : **Bodyweight Cardio Interval Kickboxing**

Lesson 21 : **Quick Lower Body Focused Bodyweight HIIT Circuits**

Lesson 22 : **Single Weight Upper Body Quick Strength Training Circuit**

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