Mindluster Platform

About the course Weekly bodyweight workout Program

Weekly bodyweight workout course, in this course we will learn about the Weekly Bodyweight Workout Course designed to help you build strength, improve endurance, and boost your overall fitness using only your bodyweight. This program is ideal for anyone looking to achieve fitness goals without the need for equipment or a gym membership. Each week, you will be guided through a variety of exercises targeting different muscle groups, including upper body, lower body, and core. The workouts are scalable, making them suitable for beginners and advanced fitness enthusiasts alike. The course incorporates bodyweight training principles like progressive overload, mobility exercises, and high-intensity intervals to ensure you maximize results. By the end of this course, youâ€™ll have a comprehensive workout routine that can be done anywhere, helping you stay fit and healthy. Additionally, you will receive tips on proper form, injury prevention, and how to maintain a balanced approach to bodyweight training, allowing you to maintain consistency and progress over time. Join us and start your fitness journey today

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **Day 3 Free 5 Day Workout Challenge for Busy People Fat Burning HIIT Cardio and Abs**

Lesson 2 : **Day 3 Check In Worldwide Live Q A Chat Tips with Daniel and Kelli Happening Now**

Lesson 3 : **Day 1 Free 5 Day Workout Challenge for Busy People HIIT Cardio Butt Thighs**

Lesson 4 : **Day 2 Free 5 Day Workout Challenge for Busy People Fat Burning Cardio Upper Body**

Lesson 5 : **Day 1 Check In Tips Q A with Kelli Daniel Next Worldwide Chat is 10 22**

Lesson 6 : **Day 5 of the Workout Challenge for Busy People HIIT Butt and Thigh Workout**

Lesson 7 : **Day 4 Free 5 Day Workout Challenge for Busy People Strength and Yoga Blend**

Lesson 8 : **Day 5 Check In Workout Challenge Complete Links to Entire 5 Day Workout Challenge**

Lesson 9 : **NEW 4 Week Meal Plan NEW 4 Week Bodyweight Workout Program Now Available**

Lesson 10 : **Earn your Workout Complete NEW 4 Week FB Burn Round 2 Now Available**

Related courses

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